

B	I	N	G	O
Talk to a teacher	Clean your room	Call someone on the phone	Go swimming	Take a break
Rake leaves	Draw	Talk to a parent	See a movie	Cook
Take a bath or shower	Take a walk	FREE	Use an I-statement	Count to 10
Play football	Play soccer	Take a deep breath	Play with pets	Stop and think
Listen to music	Imagine a calm place	Read a book	Count to 50	Ride a bike

B	I	N	G	O
Rake leaves	Play with pets	Cook	Talk to a friend	Count to 100
Take a break	Play football	Count to 10	Play soccer	Talk to a parent
Use an I-statement	Clean your room	FREE	See a movie	Read a book
Ride a bike	Play with clay	Go fishing	Go swimming	Shop
Take a bath or shower	Take a nap	Count to 50	Stop and think	Draw

B	I	N	G	O
Stop and think	Read a book	Ride a bike	Clean your room	Play football
Call someone on the phone	Play with pets	Draw	Talk to a teacher	Count to 100
Write	Use positive self-talk	FREE	Go fishing	Cook
Take a break	See a movie	Go out to eat	Use an I-statement	Rake leaves
Count to 50	Take a bath or shower	Play soccer	Go swimming	Count to 10