

Futrell Bingo

Watch TV/Movie	Arts & Crafts	Go Swimming	Take a Walk	Play cards
Deep breathing	Walk Away	Scream	Clean/Organize	Take a Time out
Trigger	Cooking/Baking	FREE	Rearrange Room	Listen to music
Painting	Talk to a Friend/Mom/Sibling	Play Video Game	Take a Long Shower/Bath	Think About Happy Memories
Help a friend	Go outside	Read	Count to 10	Dance

Futrell Bingo

Rearrange Room	Play cards	Cooking/ Baking	Trigger	Count to 10
Take a Walk	Listen to music	Painting	Walk Away	Clean/Organize
Write a Letter to the	Read	FREE	Deep breathing	Go Swimming
Take a Long Shower/ Bath	Take a Time out	Scream	Talk to a Friend/Mom/ Sibling	Dance
Arts & Crafts	Watch TV/Movie	Write in a Journal	Exercise	Go outside

Futrell Bingo

Rearrange Room	Deep breathing	Take a Long Shower/ Bath	Exercise	Clean/Organize
Arts & Crafts	Write in a Journal	Write a Letter to the	Dance	Walk Away
Drawing	Talk to a Friend/Mom/ Sibling	FREE	Play Video Game	Take a Time out
Read	Painting	Listen to music	Cooking/ Baking	Think About Happy Memories
Count to 10	Trigger	Play cards	Go Swimming	Scream