

Futrell Bingo

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

Futrell Bingo

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

Futrell Bingo

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