

B	I	N	G	O
Walk away	Anger	Draw	Rules	Read
Counseling	Temper	Respect	Communication	Talk about it
Walk away	Compromise	FREE SPACE!	Express	Journal
Stomp	Listen	Rest	Eat Healthy	Relax
Cool down	Solutions	Count to 10	Yell	Deep breathing

B	I	N	G	O
Walk away	Yell	Communication	Listen	Counseling
Rules	Journal	Draw	Relax	Compromise
Express	Anger	FREE SPACE!	Eat Healthy	Rest
Deep breathing	Walk away	Count to 10	Stomp	Cool down
Read	Exercise	Talk about it	Respect	Temper

B	I	N	G	O
Stomp	Eat Healthy	Walk away	Deep breathing	Rules
Solutions	Talk about it	Yell	Listen	Compromise
Rest	Communication	FREE SPACE!	Express	Draw
Exercise	Read	Cool down	Anger	Walk away
Temper	Respect	Journal	Relax	Count to 10