

B	I	N	G	O
Think before speaking	Choose kind words	Drawing	Talk to a parent	Pray
Do the right thing	Think about loved ones	Singing	Choose right words	Take a walk
Think about happy memories	Visit your family	FREE	Count to 10	Help a friend
Listen to music	Think about consequences	Painting	Go outside	Read Bible
Exercise	Deep breathing	Take a time out	Worship	Don't hurt feelings

B	I	N	G	O
Visit your family	Choose right words	Talk to a parent	Do the right thing	Singing
Drawing	Worship	Pray	Deep breathing	Take a walk
Listen to music	Count to 10	FREE	Help a friend	Choose kind words
Go outside	Take a time out	Think before speaking	Don't hurt feelings	Think about consequences
Painting	Read Bible	Think about happy memories	Think about loved ones	Exercise

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Deep breathing	Take a time out	Choose right words	Read Bible	Count to 10
Think before speaking	Listen to music	Painting	Think about loved ones	Pray
Think about happy memories	Don't hurt feelings	FREE	Think about consequences	Go outside
Visit your family	Take a walk	Talk to a parent	Worship	Drawing
Help a friend	Choose kind words	Singing	Do the right thing	Exercise