

B	I	N	G	O
Talk to an Adult	"I" Statement	Cool Down	Passive Communication	Hunger
Clenched Fists	Talk to a Friend	Journal	Aggressive Communication	Listen to music
Take a Walk	Verbal Insults	FREE	Assertive Communication	Disappointment
Blaming Statement	Drink Some Water	Sadness	External Triggers	Stress
Cues	Internal Triggers	Coping Statements	Being Treated Unfairly	Lack of Sleep

B	I	N	G	O
Verbal Insults	Sadness	Listen to music	Lack of Sleep	Stress
Assertive Communication	Blaming Statement	Hunger	Clenched Fists	Internal Triggers
Aggressive Communication	Deep Breathing	FREE	"I" Statement	External Triggers
Talk to an Adult	Being Treated Unfairly	Walk Away	Passive Communication	Journal
Cool Down	Disappointment	Drink Some Water	Cues	Talk to a Friend

B	I	N	G	O
Clenched Fists	Stress	Drink Some Water	Passive Communication	"I" Statement
Verbal Insults	Listen to music	Cool Down	Blaming Statement	Internal Triggers
Disappointment	Deep Breathing	FREE	Assertive Communication	Aggressive Communication
Being Treated Unfairly	Take a Walk	Hunger	Coping Statements	Lack of Sleep
Talk to a Friend	Talk to an Adult	External Triggers	Cues	Consequence