

B	I	N	G	O
Think of my Happy Place	Change Negative Thoughts to Positive	Go for a Walk	Talk to a Friend	Play with Play-Dough
Exercise	Think of Loved Ones	Sleep	Count to 100	Take Deep Breathes
Think of Happy Memories	Watch TV	FREE	Do a craft	Paint
Play a Sport	Talk to an Adult	Play a game	Listen to Music	Read a Book
Help a Friend	Draw a Picture	Squeeze a Ball	Write in a Journal	Go Outside

B	I	N	G	O
Watch TV	Count to 100	Talk to a Friend	Exercise	Sleep
Go for a Walk	Write in a Journal	Play with Play-Dough	Draw a Picture	Take Deep Breathes
Play a Sport	Do a craft	FREE	Paint	Change Negative Thoughts to Positive
Listen to Music	Squeeze a Ball	Think of my Happy Place	Go Outside	Talk to an Adult
Play a game	Read a Book	Think of Happy Memories	Think of Loved Ones	Help a Friend

B	I	N	G	O
Draw a Picture	Squeeze a Ball	Count to 100	Read a Book	Do a craft
Think of my Happy Place	Play a Sport	Play a game	Think of Loved Ones	Play with Play-Dough
Think of Happy Memories	Go Outside	FREE	Talk to an Adult	Listen to Music
Watch TV	Take Deep Breathes	Talk to a Friend	Write in a Journal	Go for a Walk
Paint	Change Negative Thoughts to Positive	Sleep	Exercise	Help a Friend