

B	I	N	G	O
Think about happy memories	Arts and Crafts	Go outside	Take a jog	Relaxation
Drawing	Talk to a friend	Take a bath	Change your diet	Talk to Parents
Write in a journal	Cooking	FREE	Stress Ball	Move your body
Deep Breathe	Painting	Take a time out	Read	Take a bubble bath
Take a walk	Listen to music	Grounding Techniques	Say positive things about yourself	Count to 10

B	I	N	G	O
Stress Ball	Relaxation	Cooking	Talk to Parents	Count to 10
Take a time out	Move your body	Painting	Talk to a friend	Change your diet
Write in a journal	Take a jog	FREE	Say positive things about yourself	Drawing
Go outside	Take a bath	Take a walk	Deep Breathe	Take a bubble bath
Arts and Crafts	Think about happy memories	Yoga	Exercise	Grounding Techniques

B	I	N	G	O
Stress Ball	Drawing	Take a bubble bath	Exercise	Change your diet
Arts and Crafts	Yoga	Go outside	Write in a journal	Deep Breathe
Talk to a friend	Take a walk	FREE	Read	Take a jog
Count to 10	Say positive things about yourself	Painting	Move your body	Cooking
Talk to Parents	Relaxation	Grounding Techniques	Take a bath	Think about happy memories