B	I	N	G	O
Talk To Your Therapist	Blow Bubbles	Imagine A Calm Place	Take A Bath or Shower	Play With A Pet
Exercise	Talk To A Parent	Positive Self-Talk	Count To Ten	Sing Your Favorite Song
Talk To A Friend	Watch A Movie	**FREE**	Dance	Paint A Picture
Play A Game	Take Deep Breaths	Play Outside	Make A Craft	Play With Playdoh
Listen To Music	Draw	Read A Book	Write In A Journal	Go For A Calm Down Walk

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B	I	N	G	O
Watch A Movie	Count To Ten	Take A Bath or Shower	Exercise	Positive Self-Talk
Imagine A Calm Place	Write In A Journal	Play With A Pet	Draw	Sing Your Favorite Song
Play A Game	Dance	**FREE**	Paint A Picture	Blow Bubbles
Make A Craft	Read A Book	Talk To Your Therapist	Go For A Calm Down Walk	Take Deep Breaths
Play Outside	Play With Playdoh	Talk To A Friend	Talk To A Parent	Listen To Music

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B	I	N	G	O
Draw	Read A Book	Count To Ten	Play With Playdoh	Dance
Talk To Your Therapist	Play A Game	Play Outside	Talk To A Parent	Play With A Pet
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