

B	I	N	G	O
Watch TV	Arts and Crafts	Excerise	Talk to a friend	Play cards
Deep breathing	Think about my favorite people	Read	Cooking	Take a walk
Think about happy memories	Watch a movie	FREE	Count to 10	Help a friend
Listen to music	Talk to an adult	Painting	Go outside	Play football
Facetime with your family	Dance	Take a time out	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Cooking	Talk to a friend	Deep breathing	Read
Excerise	Write in a journal	Play cards	Dance	Take a walk
Listen to music	Count to 10	FREE	Help a friend	Arts and Crafts
Go outside	Take a time out	Watch TV	Drawing	Talk to an adult
Painting	Play football	Think about happy memories	Think about my favorite people	Facetime with your family

B	I	N	G	O
Dance	Take a time out	Cooking	Play football	Count to 10
Watch TV	Listen to music	Painting	Think about my favorite people	Play cards
Think about happy memories	Drawing	FREE	Talk to an adult	Go outside
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Exercise
Help a friend	Arts and Crafts	Read	Deep breathing	Facetime with your family