

B	I	N	G	O
Temper	Anger	Draw	Rules	Meditation
Counseling	Talk about it	Relax	Communication	Rest
Stomp	Walk away	FREE SPACE!	Compromise	Express
Journal	Solutions	Listen	Exercise	Read
Eat Healthy	Cool down	Respect	Yell	Deep breathing

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Express	Anger	Relax	Counseling	Eat Healthy