

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

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

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