B	I	N	G	O
USE POSITIVE COPING SKILLS	CHANGE BEHAVIORS TO POSITIVE	I'LL BE OKAY	THINK OF SOMETHING FUNNY	SEEK HELP TO CHANGE THINKING
EXERCISE	USE DISTRACTION	TAKE A BREAK	CHANGE YOUR NEGATIVE THOUGHT	USE DEEP BREATHING
USE POSITIVE SELF-TALK	CHECK YOUR THINKING (IS IT HELPFUL OR UNHELPFUL?	**FREE**	LISTEN TO MUSIC	PLAY WITH YOUR PET
TRY SOMETHING DIFFERENT	PROGRESSIVE MUSCLE RELAXATION (TENSE MUSCLES)	TAKE A TIME OUT	IMAGINE YOURSELF IN A CALM PLACE	STOP YOUR THOUGHT BEFORE IT GROWS
EAT A HEALTHY SNACK	THIS WON'T LAST FOREVER!	GET OUT OF COMFORT ZONE	_____ _____	I CAN DO THIS!

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B	I	N	G	O
USE POSITIVE SELF-TALK	_____ _____	CHANGE YOUR NEGATIVE THOUGHT	PROGRESSIVE MUSCLE RELAXATION (TENSE MUSCLES)	EXERCISE
THINK OF SOMETHING FUNNY	PLAY WITH YOUR PET	I'LL BE OKAY	STOP YOUR THOUGHT BEFORE IT GROWS	CHECK YOUR THINKING (IS IT HELPFUL OR UNHELPFUL?
LISTEN TO MUSIC	CHANGE BEHAVIORS TO POSITIVE	**FREE**	IMAGINE YOURSELF IN A CALM PLACE	TAKE A TIME OUT
I CAN DO THIS!	USE POSITIVE COPING SKILLS	GET OUT OF COMFORT ZONE	TRY SOMETHING DIFFERENT	EAT A HEALTHY SNACK
SEEK HELP TO CHANGE THINKING	JUMPING JACKS!	USE DEEP BREATHING	TAKE A BREAK	USE DISTRACTION

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B	I	N	G	O
TRY SOMETHING DIFFERENT	IMAGINE YOURSELF IN A CALM PLACE	USE POSITIVE SELF-TALK	I CAN DO THIS!	THINK OF SOMETHING FUNNY
THIS WON'T LAST FOREVER!	USE DEEP BREATHING	_____ _____	PROGRESSIVE MUSCLE RELAXATION (TENSE MUSCLES)	CHECK YOUR THINKING (IS IT HELPFUL OR UNHELPFUL?
TAKE A TIME OUT	CHANGE YOUR NEGATIVE THOUGHT	**FREE**	LISTEN TO MUSIC	I'LL BE OKAY
JUMPING JACKS!	SEEK HELP TO CHANGE THINKING	EAT A HEALTHY SNACK	CHANGE BEHAVIORS TO POSITIVE	USE POSITIVE COPING SKILLS
USE DISTRACTION	TAKE A BREAK	PLAY WITH YOUR PET	STOP YOUR THOUGHT BEFORE IT GROWS	GET OUT OF COMFORT ZONE

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