

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

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

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