

B	I	N	G	O
Temper	Anger	Draw	Rules	Read
Counseling	Talk about it	Respect	Communication	Stomp
Walk away	Compromise	FREE SPACE!	Express	Journal
Solutions	Listen	Rest	Eat Healthy	Relax
Cool down	Shout	Count to 10	Yell	Deep breathing

B	I	N	G	O
Walk away	Yell	Communication	Listen	Counseling
Rules	Journal	Draw	Relax	Compromise
Express	Anger	FREE SPACE!	Eat Healthy	Rest
Deep breathing	Temper	Count to 10	Solutions	Cool down
Read	Exercise	Stomp	Respect	Talk about it

B	I	N	G	O
Solutions	Eat Healthy	Walk away	Deep breathing	Rules
Shout	Stomp	Yell	Listen	Compromise
Rest	Communication	FREE SPACE!	Express	Draw
Exercise	Read	Cool down	Anger	Temper
Talk about it	Respect	Journal	Relax	Count to 10