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

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

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

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