

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

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

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