

B	I	N	G	O
Watch TV	Arts and Crafts	Excerise	Talk to a trusted adult/friend	Play cards
Deep breathing	Think about loved ones	Read	Cooking	Take a walk
Think about happy memories	Watch a movie	FREE	Count to 10	Listen to music
Painting	Talk to therapist	Play a game	Help a friend	Positive Self Talk
Go outside	Dance	Take a time out	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Cooking	Talk to a trusted adult/friend	Deep breathing	Read
Excerise	Write in a journal	Play cards	Dance	Take a walk
Painting	Count to 10	FREE	Listen to music	Arts and Crafts
Help a friend	Take a time out	Watch TV	Drawing	Talk to therapist
Play a game	Positive Self Talk	Think about happy memories	Think about loved ones	Go outside

B	I	N	G	O
Dance	Take a time out	Cooking	Positive Self Talk	Count to 10
Watch TV	Painting	Play a game	Think about loved ones	Play cards
Think about happy memories	Drawing	FREE	Talk to therapist	Help a friend
Watch a movie	Take a walk	Talk to a trusted adult/friend	Write in a journal	Excerise
Listen to music	Arts and Crafts	Read	Deep breathing	Go outside