

B	I	N	G	O
Watching a video	Bathing	Go outside	Remind self it's okay to make mistakes	Medication
Drink tea	Walk away	Petting an animal	Coloring	Walk
Watching something funny/laughter	Crying	FREE	Journal	Listen to music
Talk with others (Alice)	Making lists of goals/making lists	Playing a game	Go to a quiet space	Naps/recharging
Deep breathing	Spend time with brothers	Drink water	Writing	Eating healthy

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Watching something funny/laughter	Writing	Coloring	Making lists of goals/making lists	Drink tea
Remind self it's okay to make mistakes	Listen to music	Go outside	Naps/recharging	Crying
Journal	Bathing	FREE	Go to a quiet space	Playing a game
Eating healthy	Watching a video	Drink water	Talk with others (Alice)	Deep breathing
Medication	Hobby shopping	Walk	Petting an animal	Walk away

B	I	N	G	O
Talk with others (Alice)	Go to a quiet space	Watching something funny/laughter	Eating healthy	Remind self it's okay to make mistakes
Spend time with brothers	Walk	Writing	Making lists of goals/making lists	Crying
Playing a game	Coloring	FREE	Journal	Go outside
Hobby shopping	Medication	Deep breathing	Bathing	Watching a video
Walk away	Petting an animal	Listen to music	Naps/recharging	Drink water