

B	I	N	G	O
Talking with friends	Breathing (i.e. starfish)	Gratitude list	Puzzles	Paint nails
Fidgets	Talk to family/trusted adult	Petting the pony	Close your eyes and relax	Play word games
Sketching	Walk	FREE	Color a coloring page	Hug a stuffed animal
Lie down/take a nap	Say something kind to self	Medication	Have a good cry	Petting the dogs
Grounding techniques (i.e. 5 senses)	Drink some water	Pinterest	Watch a TV show	Go to my art room

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