

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

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

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