

B	I	N	G	O
Think about loved ones	Ask for help	Go outside	Take a walk	Read
Eat a healthy snack	Think about happy memories	Spend time with your family	Count to 10	Take a break
Talk to a trusted Adult	Watch a movie	FREE	Dance	Make a list of your goals
Make a to do list.	Talk to a friend	Play cards	Listen to music	Say something positive to yourself
Help a friend	Drawing	Take Deep Breaths	Write in a journal	Exercise

B	I	N	G	O
Watch a movie	Count to 10	Take a walk	Eat a healthy snack	Spend time with your family
Go outside	Write in a journal	Read	Drawing	Take a break
Make a to do list.	Dance	FREE	Make a list of your goals	Ask for help
Listen to music	Take Deep Breaths	Think about loved ones	Excerise	Talk to a friend
Play cards	Say something positive to yourself	Talk to a trusted Adult	Think about happy memories	Help a friend

B	I	N	G	O
Drawing	Take Deep Breaths	Count to 10	Say something positive to yourself	Dance
Think about loved ones	Make a to do list.	Play cards	Think about happy memories	Read
Talk to a trusted Adult	Exercise	FREE	Talk to a friend	Listen to music
Watch a movie	Take a break	Take a walk	Write in a journal	Go outside
Make a list of your goals	Ask for help	Spend time with your family	Eat a healthy snack	Help a friend