

B	I	N	G	O
Take a Walk	Arts and Craft	Exercise	Sing	Play a board game
Cry	Take Space	Play with playdough	Cooking	Read a book
Take Breaths	Talk	FREE	Count backwards	Laugh
Listen to music	Squeeze a teddy bear	Play Video Games	Jumping Jacks	Play an instrument
Jog	Count to ten	Push ups	Watch TV	Dance

B	I	N	G	O
Talk	Cooking	Sing	Cry	Play with playdough
Exercise	Watch TV	Play a board game	Count to ten	Read a book
Listen to music	Count backwards	FREE	Laugh	Arts and Craft
Jumping Jacks	Push ups	Take a Walk	Dance	Squeeze a teddy bear
Play Video Games	Play an instrument	Take Breaths	Take Space	Jog

B	I	N	G	O
Count to ten	Push ups	Cooking	Play an instrument	Count backwards
Take a Walk	Listen to music	Play Video Games	Take Space	Play a board game
Take Breaths	Dance	FREE	Squeeze a teddy bear	Jumping Jacks
Talk	Read a book	Sing	Watch TV	Exercise
Laugh	Arts and Craft	Play with playdough	Cry	Jog