

B	I	N	G	O
Take a 5 Minute Break	Ask For A Hug	Drink hot tea	Squeeze the Lemon	Name All the Pokémon
Color	Swing	Play Cards	Bounce A Ball	Rip Paper
Stretch	Talk To An Adult	FREE SPACE!	Breathing	Hold Ice In My Hand
Jump Up and Down	Start a Gratitude Journal	Muscle Relaxation	Go To A Quiet Place	Pet the Dog
Go Outside for 10 minutes barefoot	Cold Water On My Hand	Push The Wall	Use the Rocking Chair	Count to 50

B	I	N	G	O
Talk To An Adult	Bounce A Ball	Squeeze the Lemon	Color	Play Cards
Drink hot tea	Use the Rocking Chair	Name All the Pokémon	Cold Water On My Hand	Rip Paper
Jump Up and Down	Breathing	FREE SPACE!	Hold Ice In My Hand	Ask For A Hug
Go To A Quiet Place	Push The Wall	Take a 5 Minute Break	Count to 50	Start a Gratitude Journal
Muscle Relaxation	Pet the Dog	Stretch	Swing	Go Outside for 10 minutes barefoot

B	I	N	G	O
Cold Water On My Hand	Push The Wall	Bounce A Ball	Pet the Dog	Breathing
Take a 5 Minute Break	Jump Up and Down	Muscle Relaxation	Swing	Name All the Pokémon
Stretch	Count to 50	FREE SPACE!	Start a Gratitude Journal	Go To A Quiet Place
Talk To An Adult	Rip Paper	Squeeze the Lemon	Use the Rocking Chair	Drink hot tea
Hold Ice In My Hand	Ask For A Hug	Play Cards	Color	Go Outside for 10 minutes barefoot