

B	I	N	G	O
Write in a journal	Ask for a hug	Eat a snack	Take a nap	Punch a pillow
Deep breaths	Tell jokes	Squeeze a ball	Ask for help	Take a break
Talk to someone	Yoga	FREE SPACE!	Color a picture	Listen to music
Play a game	Take a walk	Play outside	Happy memory	Read a book
Exercise	Count to 10	Stretching	go for a run	Draw a picture

B	I	N	G	O
Yoga	Ask for help	Take a nap	Deep breaths	Squeeze a ball
Eat a snack	go for a run	Punch a pillow	Count to 10	Take a break
Play a game	Color a picture	FREE SPACE!	Listen to music	Ask for a hug
Happy memory	Stretching	Write in a journal	Draw a picture	Take a walk
Play outside	Read a book	Talk to someone	Tell jokes	Exercise

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Count to 10	Stretching	Ask for help	Read a book	Color a picture
Write in a journal	Play a game	Play outside	Tell jokes	Punch a pillow
Talk to someone	Draw a picture	FREE SPACE!	Take a walk	Happy memory
Yoga	Take a break	Take a nap	go for a run	Eat a snack
Listen to music	Ask for a hug	Squeeze a ball	Deep breaths	Exercise