

B	I	N	G	O
Think before you speak	Anger	Draw	Take a 5	Listen
Count to 10	Temper	Relax	Communication	Self talk
Talk to a counselor	Use I statements	FREE SPACE!	Compromise	Fidget
Get support	Take a walk	Journal	Express appropriately	Problem solve
Exercise	Consequences	Respect others	Why do I feel angry?	Deep breathing

B	I	N	G	O
Use I statements	Communication	Take a 5	Count to 10	Relax
Draw	Why do I feel angry?	Listen	Consequences	Self talk
Get support	Compromise	FREE SPACE!	Fidget	Anger
Express appropriately	Respect others	Think before you speak	Deep breathing	Take a walk
Journal	Problem solve	Talk to a counselor	Temper	Exercise

B	I	N	G	O
Consequences	Respect others	Communication	Problem solve	Compromise
Think before you speak	Get support	Journal	Temper	Listen
Talk to a counselor	Deep breathing	FREE SPACE!	Take a walk	Express appropriately
Use I statements	Self talk	Take a 5	Why do I feel angry?	Draw
Fidget	Anger	Relax	Count to 10	Exercise