

B	I	N	G	O
Walk away/take time for yourself	Ask for help	Go outside	Talk to someone	Read a book
Draw/Paint	Think about something funny	Spend time with family or friends	Count to 10	Take a walk
Think about happy memories	Watch a movie/TV	FREE	Dance	Play a game
Play sports/be active	Tense & relax muscles	Positive self-talk	Listen to music	Sing
List pros and cons	Deep breathe/blow bubbles	Squeeze a stress ball	Write in a journal	Exercise

B	I	N	G	O
Watch a movie/TV	Count to 10	Talk to someone	Draw/Paint	Spend time with family or friends
Go outside	Write in a journal	Read a book	Deep breathe/blow bubbles	Take a walk
Play sports/be active	Dance	FREE	Play a game	Ask for help
Listen to music	Squeeze a stress ball	Walk away/take time for yourself	Exercise	Tense & relax muscles
Positive self-talk	Sing	Think about happy memories	Think about something funny	List pros and cons

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Deep breathe/blow bubbles	Squeeze a stress ball	Count to 10	Sing	Dance
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Play a game	Ask for help	Spend time with family or friends	Draw/Paint	List pros and cons