

Anger Bingo

take mental trip	Deep breathing	Relax	say I'm angry	count to 20
Listen to music	squish ball	jump rope	Draw	punch pillow
sing	walk	FREE	Exercise	Walk away
clean house	shred newspaper	count backwards from 50	Talk about it	jog
Stomp	Journal	nap	write a poem	Read

Anger Bingo

walk	Draw	say I'm angry	Listen to music	jump rope
Relax	write a poem	count to 20	Journal	punch pillow
clean house	Exercise	FREE	Walk away	Deep breathing
Talk about it	nap	take mental trip	Read	shred newspaper
count backwards from 50	jog	sing	squish ball	Stomp

Anger Bingo

Journal	nap	Draw	jog	Exercise
take mental trip	clean house	count backwards from 50	squish ball	count to 20
sing	Read	FREE	shred newspaper	Talk about it
walk	punch pillow	say I'm angry	write a poem	Relax
Walk away	Deep breathing	jump rope	Listen to music	Stomp