

B	I	N	G	O
Turn down the lights	Ask for help	Color	Take a break	Games or puzzles
Calming sensory bottle	Talk to a teacher or friend	Listen to music	Bounce a ball	Putty
Take a walk	Use a sensory tool	FREE	Build with lego or other materials	Draw or scribble
Fidgets - stone	Take a deep breath	Find a quiet space	Dance	Get a drink or snack
Count to 10	Calming picture cards	Movement activities	Watch a video	Clay or Art Activities

B	I	N	G	O
Use a sensory tool	Bounce a ball	Take a break	Calming sensory bottle	Listen to music
Color	Watch a video	Games or puzzles	Calming picture cards	Putty
Fidgets - stone	Build with lego or other materials	FREE	Draw or scribble	Ask for help
Dance	Movement activities	Turn down the lights	Clay or Art Activities	Take a deep breath
Find a quiet space	Get a drink or snack	Take a walk	Talk to a teacher or friend	Count to 10

B	I	N	G	O
Calming picture cards	Movement activities	Bounce a ball	Get a drink or snack	Build with lego or other materials
Turn down the lights	Fidgets - stone	Find a quiet space	Talk to a teacher or friend	Games or puzzles
Take a walk	Clay or Art Activities	FREE	Take a deep breath	Dance
Use a sensory tool	Putty	Take a break	Watch a video	Color
Draw or scribble	Ask for help	Listen to music	Calming sensory bottle	Count to 10