

B	I	N	G	O
time away	Grounding	belly breathing	reading	grounding 5 things you see...
Your choice	talk about what is bothering you	name your feeling	Your choice	progressive muscle
square breathing	visualization	FREE	Your choice	energy release
figure 8 breathing	sharing how he is feeling	get help	distract self with video game	mental vacation
cold water	Your choice	problem solve	went swimming	ask for a time away (give me 5)

B	I	N	G	O
visualization	Your choice	reading	Your choice	name your feeling
belly breathing	went swimming	grounding 5 things you see...	Your choice	progressive muscle
figure 8 breathing	Your choice	FREE	energy release	Grounding
distract self with video game	problem solve	time away	ask for a time away (give me 5)	sharing how he is feeling
get help	mental vacation	square breathing	talk about what is bothering you	cold water

B	I	N	G	O
Your choice	problem solve	Your choice	mental vacation	Your choice
time away	figure 8 breathing	get help	talk about what is bothering you	grounding 5 things you see...
square breathing	ask for a time away (give me 5)	FREE	sharing how he is feeling	distract self with video game
visualization	progressive muscle	reading	went swimming	belly breathing
energy release	Grounding	name your feeling	Your choice	cold water