

B	I	N	G	O
think about loved ones	arts and crafts	dance	take a bath	listen to music
close your eyes	think about happy memories	play games on iPad	ask for help	squeeze something
talk to siblings	watch a movie	FREE	be by yourself	exercise
go outside	talk to friends	go outside	eat something yummy	paint a picture
draw/color a picture	call the police	read a book	watch tv	count to 10

B	I	N	G	O
watch a movie	ask for help	take a bath	close your eyes	play games on iPad
dance	watch tv	listen to music	call the police	squeeze something
go outside	be by yourself	FREE	exercise	arts and crafts
eat something yummy	read a book	think about loved ones	count to 10	talk to friends
go outside	paint a picture	talk to siblings	think about happy memories	draw/color a picture

B	I	N	G	O
call the police	read a book	ask for help	paint a picture	be by yourself
think about loved ones	go outside	go outside	think about happy memories	listen to music
talk to siblings	count to 10	FREE	talk to friends	eat something yummy
watch a movie	squeeze something	take a bath	watch tv	dance
exercise	arts and crafts	play games on iPad	close your eyes	draw/color a picture