

B	I	N	G	O
Talk about it	Call a friend	Do yoga	Listen to music	Get fresh air
Deep breathing	Take a shower	Imagine your favorite place	Communicate calmly	Journal
Read	Walk away	FREE SPACE!	Compromise	Exercise
Exercise	Read	Get a drink of water	Draw your feelings	Go for a walk
Draw	Count to 10	Journal	Walk away	Deep breathing

B	I	N	G	O
Walk away	Communicate calmly	Listen to music	Deep breathing	Imagine your favorite place
Do yoga	Walk away	Get fresh air	Count to 10	Journal
Exercise	Compromise	FREE SPACE!	Exercise	Call a friend
Draw your feelings	Journal	Talk about it	Deep breathing	Read
Get a drink of water	Go for a walk	Read	Take a shower	Draw

B	I	N	G	O
Count to 10	Journal	Communicate calmly	Go for a walk	Compromise
Talk about it	Exercise	Get a drink of water	Take a shower	Get fresh air
Read	Deep breathing	FREE SPACE!	Read	Draw your feelings
Walk away	Journal	Listen to music	Walk away	Do yoga
Exercise	Call a friend	Imagine your favorite place	Deep breathing	Draw