

B	I	N	G	O
Read	Squeeze your fists together	Count to 10	Talk to family	Talk to a friend
Take a time out	Say "okay" and walk away	Play with your pet	Dance	Scream into a pillow
Go for a walk	Drawing	FREE	Write in a journal	Arts and Crafts
Triangle breathing	Imagine yourself some place else	Play cards	Think about a fun time you've had	Watch TV
Self-talk	Deep breathing	Listen to music	STOP & THINK	Go outside

This bingo card was created randomly from a total of 24 events.
 Arts and Crafts, Count to 10, Dance, Deep breathing, Drawing, Go for a walk, Go outside, Imagine yourself some place else, Listen to music, Play cards, Play with your pet, Read, STOP & THINK, Say "okay" and walk away, Scream into a pillow, Self-talk, Squeeze your fists together, Take a time out, Talk to a friend, Talk to family, Think about a fun time you've had, Triangle breathing, Watch TV, Write in a journal.