

B	I	N	G	O
Keep hands and feet to themselves	Calmed my body down	Do chores without being asked	Used please and thank you all day	Used my calm down jar
Used an "I feel _____" statement	Admitted I made a mistake	Used a problem solving technique	Used a stress ball	Read Angry octopus
Used "Stop and think" before reacting	Compromised with someone	FREE	Practiced bubble breathes	Went to bed on time
Shared my things with someone else	Completed Angry Octopus worksheet	Had a sugar free day	Took accountability for something I did	Was a good sport when I lost at a game
Apologized for something I did	Told the truth	Played a game to practice self control	Finished reading a book	Took a shower without being told