

Name: _____

Calm Down Bingo

Directions: Find a peer whose calm-down card matches a square on your Bingo board. Have them sign the box. Each person can only sign your card once. First to get 5 in a row wins!

Use deep breathing to calm down	Listen to music to relax	Use humor or laughter to feel better	Hang with a pet when they are stressed	Draw or doodle to unwind
Go for walk or exercise to feel peace	Write in a journal or diary when overwhelmed	Drink water or a warm beverage for comfort	Use a fidget toy when stressed	Spend time in nature
Count to 10 slowly until feeling relaxed	Organize or clean to calm down	FREE SPACE	Call or text a friend for support	Watch a funny video or show to relax
Hold a comfort item to feel better	Practice mindfulness or meditation	Cook or bake when stressed	Use positive self-talk to calm down	Take a nap to unwind
Read to find comfort	Play video games to relax	Take a warm shower or bath	Listen to a podcast to feel better	Talk to a family member about their feelings