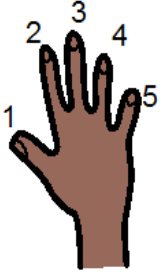
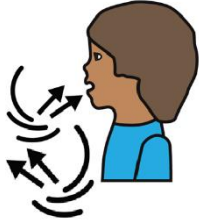





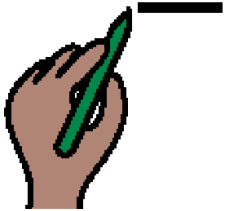

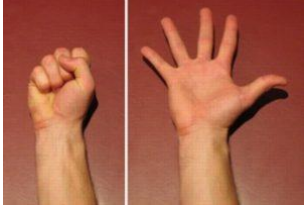


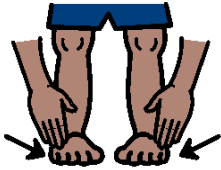


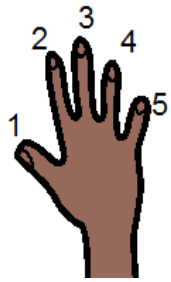
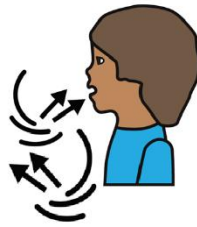


Cooperative Calming Bingo Game

 <p style="text-align: center;">Count to 5</p>	 <p style="text-align: center;">Breathe in/out</p>	 <p style="text-align: center;">Train yoga</p>	 <p style="text-align: center;">Squeeze playdough</p>
 <p style="text-align: center;">Balloon breath yoga</p>	 <p style="text-align: center;">Talk to an adult</p>	 <p style="text-align: center;">Hug yourself: 1,2,3,4,5,</p>	 <p style="text-align: center;">Scribble/draw a picture</p>
 <p style="text-align: center;">Do jumping jacks</p>	 <p style="text-align: center;">Open/close your hand: 5x</p>	 <p style="text-align: center;">Write in a journal</p>	 <p style="text-align: center;">Push my feet down: 1,2,3,4,5...</p>
 <p style="text-align: center;">Curl my toes in/out: 5x</p>	 <p style="text-align: center;">Press lips together: 1,2,3....</p>	 <p style="text-align: center;">Lift shoulders up/down: 5x</p>	 <p style="text-align: center;">Push hands together: 1,2,3,4,5</p>



Count to 5



Breathe in/out



Roll head: 5x



Pull fingers:
1,2,3,4,5



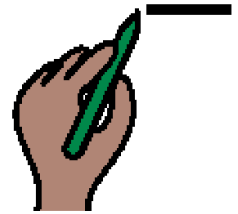
Balloon breath yoga



Talk to an adult



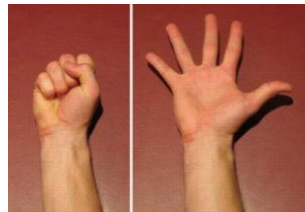
Take a cold drink



Scribble/draw a
picture



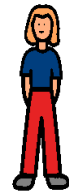
Hug yourself: 1,2,3,4,5



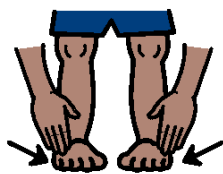
Open/close your hand:
5x



Read a book



Push my feet down:
1,2,3,4,5...



Curl my toes in/out:
5x



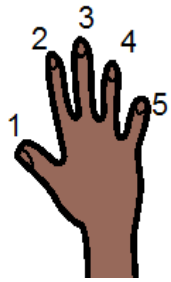
Press lips together:
1,2,3....



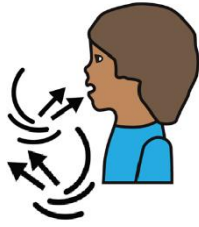
Lift shoulders
up/down: 5x



Push hands
together: 1,2,3,4,5



Count to 5



Breathe in/out



Roll head: 5x



Squeeze playdough



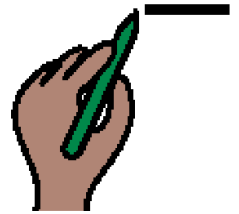
Balloon breath yoga



Pull fingers:
1,2,3,4,5,



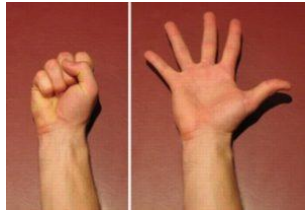
Take a cold drink



Scribble/draw a picture



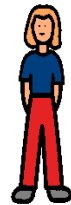
Hug yourself: 1,2,3,4,5



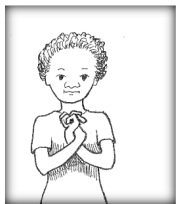
Open/close your hand:
5x



Read a book



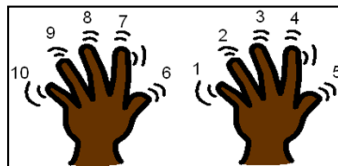
Push my feet down:
1,2,3,4,5...



Arm pretzel:
1,2,3,4,5



Press lips together:
1,2,3....



Wiggle your fingers:
1,2,3,4,5



Push hands together: 1,2,3,4,5

Cooperative Calming Bingo

In cooperative bingo, the adult(s) and child(ren) play until everyone has bingo; whether you decide that bingo can be shouted out when someone has one line, two lines, etc. The adult(s) and child(ren) cheer when each person yells bingo.

As well as creating the boards from the printables, you also create the cards which you pick up to show everyone. Then, the children (with help if needed) see if they have a match.

The bingo boards can be laminated and if they are, rather than using bingo chips, you can use washable markers and the boards can be cleaned off afterwards with a slightly damp paper towel.

***When the person picking the cards, picks up a card and labels it, for example, “give yourself a hug”, showing everyone the picture, the whole group (including the person picking the card) practices the action or activity shown on the card. If the card includes objects that aren’t available at the time (for example, squeeze playdough or draw a picture) everyone still pretends to perform the action.

This bingo helps children learn a variety of strategies that can be used to self-regulate (whether when angry, having difficulty maintaining attention or when dealing with anxiety) and socialize (since it is a cooperative game).

It can be played with an adult and child or an adult and children. For younger groups, the bingo cards can be cut into only 8 squares. Some of these strategies use deep pressure (such as the finger pull activity, push hands together, the arm pretzel, push feet down, give yourself a hug) activities.

The Arm Pretzel Card:

Cross your arms. Touch the palms and interlace your fingers. Twist arms to chest and count to five.



The Train Yoga Card

Let's take a train out of the station for a ride. Sit with your legs crossed. Bring your arms to your sides with your elbows bent. Make a fist with your hands. As you punch one arm out straight in front, breathe in through your nose. As you punch the other arm out, bring the first arm back to your side and breathe out powerfully through your mouth. Keep switching arms and punching out. Does it sound like train wheels? Slow down the train, slowly breathing in deeply and breathe out, as our train arrives back at the station.



The Balloon Breath Yoga

Sit with your legs folded and crossed and your back straight.

Put the palms of your hands together at the centre of your chest. Breathe in slowly and deeply through your nose, raise your arms above your head in the shape of a big balloon. Then breathe out slowly through your mouth and bring your arms back down so that your palms are together at the centre of your chest.



*The arm pretzel and finger pull pictures are from: **The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses.** Lauren Brukner, Illustrated by Apsley, \$27.95