

## SELF-REGULATION

# FAMILY BINGO

Sometimes strong feelings can be uncomfortable. We can try different ways of calming down when we feel strong feelings like anger, sadness, jealousy, annoyance, or frustration. Practicing how we respond to our strong feelings helps keep us safe, gets us what we need, and lets us spend time doing things we enjoy.

How many of these challenges can you and your family complete?  
Check off each box as you complete it.

<p><b>Belly breathing:</b> Put a hand on your belly. Breathe in, filling it like a balloon. Breathe out slowly.</p> <p><input type="checkbox"/></p>	<p><b>Birthday cake:</b> Hold up one finger. Pretend it's a candle, and blow it out slowly. Repeat.</p> <p><input type="checkbox"/></p>	<p><b>4-7-8 Breath.</b> Breathe in for 4 counts. Hold your breath gently for 7. Breathe out for 8.</p> <p><input type="checkbox"/></p>	<p><b>Snake breath.</b> Breathe in. Make a hissing sound as you breathe out. Repeat.</p> <p><input type="checkbox"/></p>
<p><b>Box breathing.</b></p> <p>Breathe In Hold 4 seconds Hold Breathe Out</p> <p><input type="checkbox"/></p>	<p><b>Rainbow breath:</b> Trace a rainbow shape in the air as you breathe in and out.</p> <p><input type="checkbox"/></p>	<p><b>Easy In-Easy Out.</b> Breathe in for a count of 4. Breathe out for a count of 4. Repeat.</p> <p><input type="checkbox"/></p>	<p><b>Take 5 Breaths.</b></p>  <p><input type="checkbox"/></p>
<p><b>Snuggle a pet or a stuffed animal.</b></p> <p><input type="checkbox"/></p>	<p><b>Do something to get your heart rate up.</b></p> <p><input type="checkbox"/></p>	<p><b>Squeeze a ball or pillow.</b></p> <p><input type="checkbox"/></p>	<p><b>Pump your arms 10 times.</b></p> <p><input type="checkbox"/></p>
<p><b>Swan Dive:</b> Stretch your arms up, swoop your arms and torso down towards the ground, rise up slowly. Repeat.</p> <p><input type="checkbox"/></p>	<p><b>Ragdoll-Robot:</b> Squeeze the big muscles in your body as tight as you can. Let them go loose. Repeat.</p> <p><input type="checkbox"/></p>	<p><b>Count backwards from 100.</b></p> <p><input type="checkbox"/></p>	<p><b>Write a letter or draw a picture about how you're feeling.</b></p> <p><input type="checkbox"/></p>