

BINGO! Bodily Sensations

jaw clenched	heart pounding	need to go to bathroom	frozen	stomach in knots
teary	feel faint	mouth dry	shoulders tense	shaky
headache	fists clenched	FREE SPACE	jittery	can't focus
tired	biting nails	hot	restless	eyes blurry
stomach butterflies	palms sweaty	flushed	cold	jittery

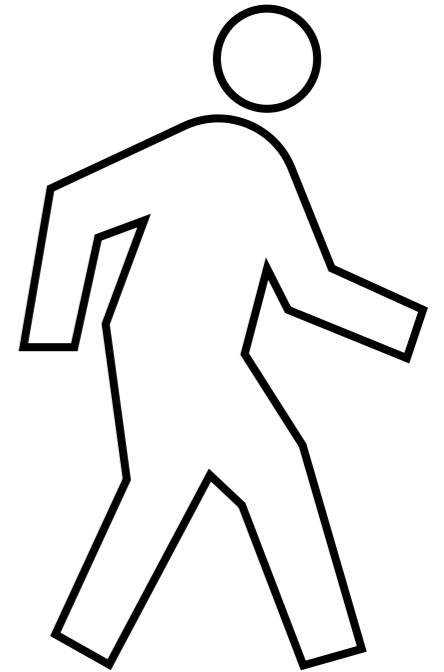
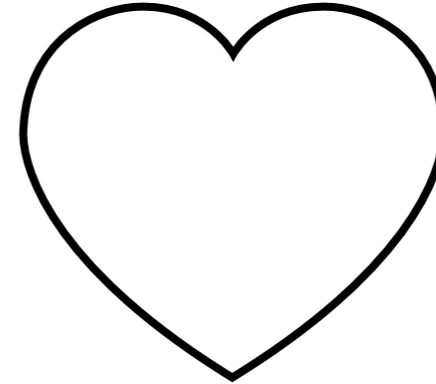
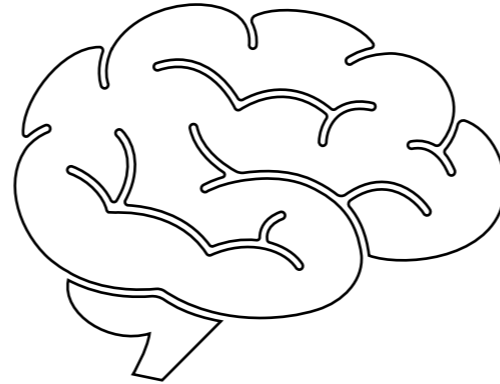
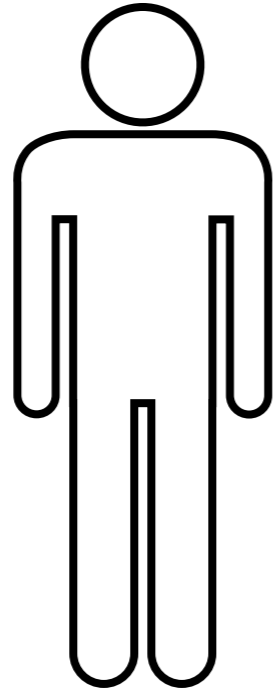
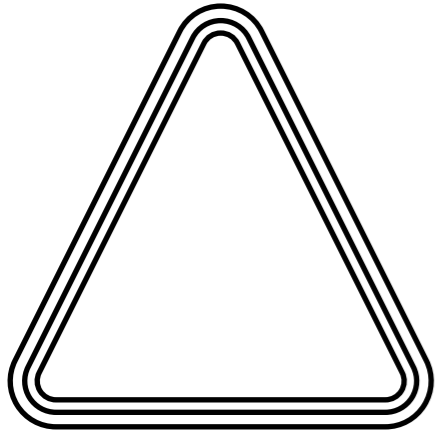
SITUATION

BODY

THOUGHTS

EMOTIONS

BEHAVIOR



Empty rectangular box for notes under SITUATION.

Empty rectangular box for notes under BODY.

Empty rectangular box for notes under THOUGHTS.

Empty rectangular box for notes under EMOTIONS.

Empty rectangular box for notes under BEHAVIOR.

something happens

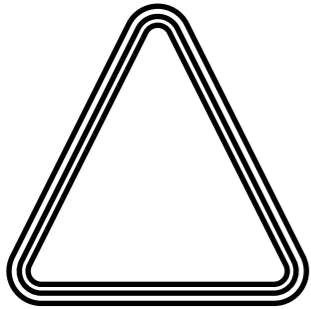
body reacts

interpret what happened

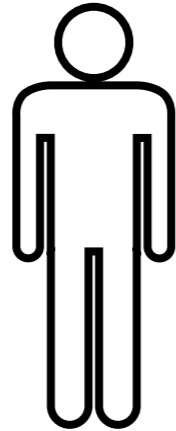
feeling occurs

react to feeling

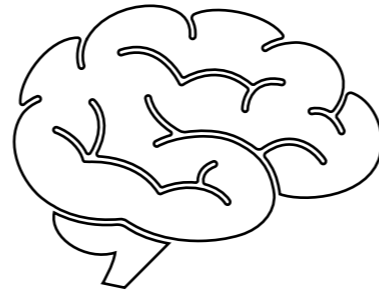
SITUATION



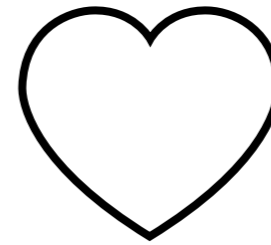
BODY



THOUGHTS



EMOTIONS



BEHAVIOR



Empty box for Situation

Empty box for Body

Empty box for Thoughts

Empty box for Emotions

Empty box for Behavior

something happens

body reacts

interpret what happened

feeling occurs

react to feeling

Empty box for reflection on thoughts

Empty box for reflection on emotions

Empty box for reflection on behavior

what could I have thought instead?

then what would I have felt?

what could I have done differently?

BINGO! Coping Skills

calm self-talk	distraction: play outside	distraction: board game	deep breathing	progressive muscle relaxation
mindfulness: 5 senses	-free-	call a friend to talk	-free-	reality testing self-talk
perspective taking	distraction: read	FREE SPACE	distraction: video game or TV	make plans with a friend
mindfulness: monitoring	-free-	text a friend who is far away	-free-	talk to a teacher
talk to a parent	talk to a sibling	hang out with your pet	positive self-talk	see guidance counselor