



Symptom Bingo

Keep track of your child's symptoms



DATE

Struggles
getting to
sleep

Fussy
with food

Angry
outbursts

Overly
Worries

Mood
swings

Doesn't like
sock seams

Has rituals

Refuses
foods

Fussy with
clothes

Tummy
aches

Lights too
bright

Headaches

Breaks
things

Hates some
smells

Homework
issues

Loves
crunchy
foods

Overly
Anxious

Diahhrea

Anxious
about
school

Avoiding
things

Low
focus

Noises
irritating

Battles
at bedtime

Constipated

Loves
white/brown
foods

Toilet
trouble

Irritable

Hits
things