

B	I	N	G	O
Visit your family	Cleaning	Go outside	Take a walk	Play a sport
Deep breathing	Think about happy memories	Read	Cooking	Take a time out
Talk to teacher	Walk a dog	FREE	Count to 10	Journal
Listen to music	Talk to a friend	Painting	Help a friend	Play cards
Go swimming	Dance	Sewing	Watch a good movie	Exercise

B	I	N	G	O
Walk a dog	Cooking	Take a walk	Deep breathing	Read
Go outside	Watch a good movie	Play a sport	Dance	Take a time out
Listen to music	Count to 10	FREE	Journal	Cleaning
Help a friend	Sewing	Visit your family	Exercise	Talk to a friend
Painting	Play cards	Talk to teacher	Think about happy memories	Go swimming

B	I	N	G	O
Dance	Sewing	Cooking	Play cards	Count to 10
Visit your family	Listen to music	Painting	Think about happy memories	Play a sport
Talk to teacher	Exercise	FREE	Talk to a friend	Help a friend
Walk a dog	Take a time out	Take a walk	Watch a good movie	Go outside
Journal	Cleaning	Read	Deep breathing	Go swimming