

B	I	N	G	O
Use a Stress Ball	Count backwards from 10	Journal	Take 10 Deep Breaths	Play a Sport
Enjoy Nature	Time Management	Read a Book	Do Yoga	Talk with Friends
Watch a Funny Movie	Draw	FREE	Music	Paint
Talk to a counselor	Play a Game	Set a Goal	Make a Music Playlist	Random Act of Kindness
Drink Water	Take a Walk	Good Night of Sleep	Watch a funny video	Healthy Diet

B	I	N	G	O
Watch a Funny Movie	Watch a funny video	Do Yoga	Play a Game	Enjoy Nature
Take 10 Deep Breaths	Paint	Journal	Random Act of Kindness	Draw
Music	Count backwards from 10	FREE	Make a Music Playlist	Set a Goal
Healthy Diet	Use a Stress Ball	Good Night of Sleep	Talk to a counselor	Drink Water
Play a Sport	Make a to do list	Talk with Friends	Read a Book	Time Management

B	I	N	G	O
Talk to a counselor	Make a Music Playlist	Watch a Funny Movie	Healthy Diet	Take 10 Deep Breaths
Take a Walk	Talk with Friends	Watch a funny video	Play a Game	Draw
Set a Goal	Do Yoga	FREE	Music	Journal
Make a to do list	Play a Sport	Drink Water	Count backwards from 10	Use a Stress Ball
Time Management	Read a Book	Paint	Random Act of Kindness	Good Night of Sleep