B	I	N	G	O
Use a Stress Ball	Do Yoga	Healthy meal	Sing	Play a Game
Family Time	Talk with Friends	Random Act of Kindness	Draw	Set a Goal
Take a Walk	Used Coping skill to manage	**FREE**	Drink 64oz Water	Make a Music Playlist
Music	Take 10 Deep Breaths	Paint	Laugh	Play a Sport
Journal	Enjoy Nature	Read a Book	Watch a Funny Movie	Good Night Sleep

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B	I	N	G	O
Used Coping skill to manage	Draw	Sing	Family Time	Random Act of Kindness
Healthy meal	Watch a Funny Movie	Play a Game	Enjoy Nature	Set a Goal
Music	Drink 64oz Water	**FREE**	Make a Music Playlist	Do Yoga
Laugh	Read a Book	Use a Stress Ball	Good Night Sleep	Take 10 Deep Breaths
Paint	Play a Sport	Take a Walk	Talk with Friends	Journal

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B	I	N	G	O
Enjoy Nature	Read a Book	Draw	Play a Sport	Drink 64oz Water
Use a Stress Ball	Music	Paint	Talk with Friends	Play a Game
Take a Walk	Good Night Sleep	**FREE**	Take 10 Deep Breaths	Laugh
Used Coping skill to manage	Set a Goal	Sing	Watch a Funny Movie	Healthy meal
Make a Music Playlist	Do Yoga	Random Act of Kindness	Family Time	Journal

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