

B	I	N	G	O
Watch a Movie	Alter your diet	Exercise	Take a bubble bath	Painting
Cooking	Talk to a friend	Read	Aromatherapy	Stress Ball
Take a walk	Write in a journal	FREE	Arts and Crafts	Laugh
Listen to music	Take a time out	Massage	Good night's sleep	Random Act of Kindness
Go outside	Color	Sing	Yoga	Drawing

B	I	N	G	O
Write in a journal	Aromatherapy	Take a bubble bath	Cooking	Read
Exercise	Yoga	Painting	Color	Stress Ball
Listen to music	Arts and Crafts	FREE	Laugh	Alter your diet
Good night's sleep	Sing	Watch a Movie	Drawing	Take a time out
Massage	Random Act of Kindness	Take a walk	Talk to a friend	Go outside

B	I	N	G	O
Color	Sing	Aromatherapy	Random Act of Kindness	Arts and Crafts
Watch a Movie	Listen to music	Massage	Talk to a friend	Painting
Take a walk	Drawing	FREE	Take a time out	Good night's sleep
Write in a journal	Stress Ball	Take a bubble bath	Yoga	Exercise
Laugh	Alter your diet	Read	Cooking	Go outside