

B	I	N	G	O
Surrender your biggest worry	Ask For A Hug	Dance	Say 5 things you're grateful for	Muscle Relaxation Technique
Complete service work	Stretch	Pet a Dog	Ask someone how they are	Repeat a positive affirmation
Squash negative thoughts	Tell someone a happy memory	FREE SPACE!	Be present	Go Outside
Laugh	Smile	Make a new connection	Exchange compliments with someone	Name 3 strength s
Drink a cup of water	Color	Practice breathing for 30 secs	Write a welcome to the newcomer	Create a self-love routine

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Tell someone a happy memory	Ask someone how they are	Say 5 things you're grateful for	Complete service work	Pet a Dog
Dance	Write a welcome to the newcomer	Muscle Relaxation Technique	Color	Repeat a positive affirmation
Laugh	Be present	FREE SPACE!	Go Outside	Ask For A Hug
Exchange compliments with someone	Practice breathing for 30 secs	Surrender your biggest worry	Create a self-love routine	Smile
Make a new connection	Name 3 strengths	Squash negative thoughts	Stretch	Drink a cup of water

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Color	Practice breathing for 30 secs	Ask someone how they are	Name 3 strengths	Be present
Surrender your biggest worry	Laugh	Make a new connection	Stretch	Muscle Relaxation Technique
Squash negative thoughts	Create a self-love routine	FREE SPACE!	Smile	Exchange compliments with someone
Tell someone a happy memory	Repeat a positive affirmation	Say 5 things you're grateful for	Write a welcome to the newcomer	Dance
Go Outside	Ask For A Hug	Pet a Dog	Complete service work	Drink a cup of water