

B	I	N	G	O
Watch TV/Movie	Arts & Craft	Go shopping	Take a walk	Read
Deep Breathing	Visit your family or friends	Start a new hobby	Call a friend or family member	Take a shower/bath
Think about loved one	Write in a journal	FREE	Cooking/ Baking	Listen to podcast
Paint your nails	Think about happy memories	Play a game	Listen to music	Sewing
Join a support group	Dance	Take a nap	Yoga/Meditation/Stretch	Go outside

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Write in a journal	Call a friend or family member	Take a walk	Deep Breathing	Start a new hobby
Go shopping	Yoga/Mediation/Stretch	Read	Dance	Take a shower/bath
Paint your nails	Cooking/Baking	FREE	Listen to podcast	Arts & Craft
Listen to music	Take a nap	Watch TV/Movie	Go outside	Think about happy memories
Play a game	Sewing	Think about loved one	Visit your family or friends	Join a support group

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