B	I	N	G	O
WRITE A POSITIVE LETTER TO YOURSELF	DANCE	HUG A FRIEND/FAMILY MEMBER	THINK POSITIVELY	SIT IN THE SUN
GO FOR A WALK	WATCH A FUNNY MOVIE	TAKE 10 DEEP BREATHES	DRAW/PAINT	TALK TO YOUR PASTOR
VOLUNTEER YOUR TIME	WRITE IN A JOURNAL	**FREE**	EAT HEALTHY	LISTEN TO MUSIC
PERFORM A RANDOM ACT OF KINDNESS	USE A STRESS BALL	PLAY A GAME	JOIN CLUBS	SLEEP
IDENTIFY FEELINGS	EXERCISE	TALK TO A COUNSELOR	YOGA	HANG OUT WITH FRIENDS

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B	I	N	G	O
WRITE IN A JOURNAL	DRAW/PAINT	THINK POSITIVELY	GO FOR A WALK	TAKE 10 DEEP BREATHES
HUG A FRIEND/FAMILY MEMBER	YOGA	SIT IN THE SUN	EXERCISE	TALK TO YOUR PASTOR
PERFORM A RANDOM ACT OF KINDNESS	EAT HEALTHY	**FREE**	LISTEN TO MUSIC	DANCE
JOIN CLUBS	TALK TO A COUNSELOR	WRITE A POSITIVE LETTER TO YOURSELF	HANG OUT WITH FRIENDS	USE A STRESS BALL
PLAY A GAME	SLEEP	VOLUNTEER YOUR TIME	WATCH A FUNNY MOVIE	IDENTIFY FEELINGS

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B	I	N	G	O
EXERCISE	TALK TO A COUNSELOR	DRAW/PAINT	SLEEP	EAT HEALTHY
WRITE A POSITIVE LETTER TO YOURSELF	PERFORM A RANDOM ACT OF KINDNESS	PLAY A GAME	WATCH A FUNNY MOVIE	SIT IN THE SUN
VOLUNTEER YOUR TIME	HANG OUT WITH FRIENDS	**FREE**	USE A STRESS BALL	JOIN CLUBS
WRITE IN A JOURNAL	TALK TO YOUR PASTOR	THINK POSITIVELY	YOGA	HUG A FRIEND/FAMILY MEMBER
LISTEN TO MUSIC	DANCE	TAKE 10 DEEP BREATHES	GO FOR A WALK	IDENTIFY FEELINGS

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