

B	I	N	G	O
Volunteer for an hour	Acknowledge your feelings	Exercise	Sit in silence	Have dinner with your close circle
Eat breakfast	Unfollow negative accounts	Laugh until you cry	Breathe deeply	Read a book
Take a walk outside	Walk to school	FREE	Do a technology detox	Have a good cry
Have a mini dance party	Take a drive	Have a movie night at home	Get more sleep	Keep a gratitude journal
Get a plant	Drink water each day	Play a board game	Wash your face	Eat your veggies

B	I	N	G	O
Walk to school	Breathe deeply	Sit in silence	Eat breakfast	Laugh until you cry
Exercise	Wash your face	Have dinner with your close circle	Drink water each day	Read a book
Have a mini dance party	Do a technology detox	FREE	Have a good cry	Acknowledge your feelings
Get more sleep	Play a board game	Volunteer for an hour	Eat your veggies	Take a drive
Have a movie night at home	Keep a gratitude journal	Take a walk outside	Unfollow negative accounts	Get a plant

B	I	N	G	O
Drink water each day	Play a board game	Breathe deeply	Keep a gratitude journal	Do a technology detox
Volunteer for an hour	Have a mini dance party	Have a movie night at home	Unfollow negative accounts	Have dinner with your close circle
Take a walk outside	Eat your veggies	FREE	Take a drive	Get more sleep
Walk to school	Read a book	Sit in silence	Wash your face	Exercise
Have a good cry	Acknowledge your feelings	Laugh until you cry	Eat breakfast	Get a plant