

B	I	N	G	O
Watch TV	Arts and Crafts	54321 mindfulness	Excerise	Stretch
Listen to music	Dance	Visit your family	Read	Bake something
Think about happy memories	Watch a movie	FREE	Cooking	Play cards
Guided meditation	Knitting	Take up a new hobby	Listen to a podcast	Spend time with yourself
Talk to a friend	Go for a drive	Help a friend	Painting	Go for a bike ride

B	I	N	G	O
Count to 10	Create a playlist	Play cards	Look at old photos	Listen to music
Bake something	Think about happy memories	Take a walk	Guided meditation	Cooking
Help a friend	Visit your family	FREE	Watch a movie	Think about loved ones
Arts and Crafts	Stretch	Knitting	Deep breathing	Exercise
Sewing	Read	Talk to a friend	Spend time with yourself	Painting

B	I	N	G	O
Painting	Arts and Crafts	Guided meditation	54321 mindfulness	Listen to music
Dance	Play cards	Watch TV	Count to 10	Yoga
Write in a journal	Deep breathing	FREE	Bake something	Take a walk
Read	Drawing	Watch a movie	Create a playlist	Stretch
Help a friend	Exercise	Cooking	Knitting	Go for a drive