

B	I	N	G	O
Watch TV	Arts and Crafts	54321 mindfulness	Go for a bike ride	Take a walk
Play cards	Deep breathing	Use a grounding technique	Spend time with yourself	Bake something
Take a shower	Think about loved ones	FREE	Cooking	Sewing
Knitting	Dance	Listen to a podcast	Talk to a friend	Look at old photos
Take a nap	Think about happy memories	Guided meditation	Go outside	Read

B	I	N	G	O
Listen to a podcast	Go for a drive	Cooking	Create a playlist	Read positive affirmations
Play cards	Painting	Collect something	Think about loved ones	Count to 10
Take a walk	Knitting	FREE	Use a grounding technique	Bake something
Watch a movie	Use a fidget	Sewing	Read	Listen to music
Deep breathing	Go for a bike ride	Stretch	Take up a new hobby	Take a shower

B	I	N	G	O
Spend time with yourself	Talk to a friend	Cooking	Create a playlist	Stretch
Play cards	Deep breathing	Take a nap	Read	Read positive affirmations
Arts and Crafts	Knitting	FREE	54321 mindfulness	Painting
Visit your family	Count to 10	Yoga	Write in a journal	Collect something
Take a walk	Sewing	Drawing	Watch a movie	Bake something