

B	I	N	G	O
Watch a movie	54321 mindfulness	Knitting	Take a walk	Sewing
Go for a bike ride	Watch TV	Stretch	Bake something	Visit your family
Write in a journal	Create a playlist	FREE	Painting	Play cards
Talk to a friend	Read	Take a shower	Listen to a podcast	Spend time with yourself
Do a puzzle	Take up a new hobby	Go for a drive	Yoga	Guided meditation

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Take a walk	Play cards	Knitting	Spend time with yourself	Create a playlist
Painting	54321 mindfulness	FREE	Listen to a podcast	Take a shower
Guided meditation	Watch a movie	Go for a drive	Talk to a friend	Do a puzzle
Sewing	Look at old photos	Visit your family	Stretch	Watch TV

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Take up a new hobby	Visit your family	Yoga	Read	Create a playlist
Take a shower	Bake something	FREE	Painting	Knitting
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Watch TV	Stretch	Play cards	Spend time with yourself	Go for a drive