

B	I	N	G	O
Watch a movie	54321 mindfulness	Go for a bike ride	Talk to a friend	Sewing
Create a playlist	Watch TV	Take a shower	Arts and Crafts	Take up a new hobby
Visit your family	Bake something	FREE	Stretch	Knitting
Listen to a podcast	Think about happy memories	Look at old photos	Take a walk	Think about loved ones
Guided meditation	Go for a drive	Spend time with yourself	Cooking	Count to 10

B	I	N	G	O
Stretch	Sewing	Bake something	Visit your family	Cooking
Talk to a friend	Knitting	Listen to a podcast	Watch TV	Arts and Crafts
Write in a journal	Spend time with yourself	FREE	Create a playlist	Go for a bike ride
Take a walk	Take up a new hobby	Take a shower	Think about happy memories	Count to 10
54321 mindfulness	Watch a movie	Yoga	Do a puzzle	Go for a drive

B	I	N	G	O
Stretch	Create a playlist	Take a walk	Do a puzzle	Arts and Crafts
54321 mindfulness	Yoga	Write in a journal	Count to 10	Watch TV
Dance	Think about happy memories	FREE	Look at old photos	Take up a new hobby
Spend time with yourself	Listen to a podcast	Knitting	Bake something	Think about loved ones
Cooking	Visit your family	Sewing	Go for a bike ride	Take a shower