

B	I	N	G	O
Watch a movie	54321 mindfulness	Go outside	Take a shower	Painting
Exercise	Visit your family	Read positive affirmations	Bake something	Use a grounding technique
Collect something	Listen to a podcast	FREE	Listen to music	Think about loved ones
Look at old photos	Take a nap	Help a friend	Play cards	Guided meditation
Create a playlist	Do a puzzle	Read	Go for a bike ride	Stretch

B	I	N	G	O
Write in a journal	Take up a new hobby	Take a nap	Read positive affirmations	Think about loved ones
Create a playlist	Do a puzzle	Stretch	Play cards	Exercise
Read	Bake something	FREE	Listen to a podcast	54321 mindfulness
Painting	Watch a movie	Yoga	Go for a bike ride	Collect something
Take a shower	Go for a drive	Listen to music	Go outside	Help a friend

B	I	N	G	O
Read	Exercise	Take a nap	Stretch	Go for a drive
Bake something	Yoga	Go outside	Write in a journal	Watch TV
Go for a bike ride	Think about loved ones	FREE	Look at old photos	Take a shower
54321 mindfulness	Do a puzzle	Play cards	Listen to music	Knitting
Watch a movie	Collect something	Use a grounding technique	Create a playlist	Visit your family