

B	I	N	G	O
Use a fidget	Collect something	Arts and Crafts	Exercise	Stretch
Painting	Deep breathing	Think about happy memories	Read positive affirmations	Talk to a friend
Use a grounding technique	Count to 10	FREE	Read	Help a friend
Knitting	Take a shower	Look at old photos	Spend time with yourself	Take a walk
Go outside	Play cards	Go for a drive	Create a playlist	Cooking

B	I	N	G	O
Talk to a friend	Create a playlist	Take a nap	Help a friend	Count to 10
Knitting	Think about happy memories	Cooking	Use a grounding technique	Collect something
Read	Stretch	FREE	Play cards	Listen to music
Painting	Deep breathing	Exercise	Sewing	Write in a journal
Read positive affirmations	Take a shower	Dance	Spend time with yourself	Arts and Crafts

B	I	N	G	O
Look at old photos	Deep breathing	Read	Use a fidget	Create a playlist
Yoga	Write in a journal	Do a puzzle	Cooking	Stretch
Read positive affirmations	Drawing	FREE	Collect something	Use a grounding technique
Painting	Dance	Knitting	Exercise	Count to 10
Help a friend	Go outside	Spend time with yourself	Sewing	Take a shower