

B	I	N	G	O
Watch TV	Arts and Crafts	54321 mindfulness	Drawing	Take a shower
Listen to a podcast	Create a playlist	Visit your family	Painting	Bake something
Take a nap	Use a fidget	FREE	Watch a movie	Collect something
Go outside	Guided meditation	Take up a new hobby	Knitting	Stretch
Go for a bike ride	Exercise	Listen to music	Count to 10	Look at old photos

B	I	N	G	O
Listen to a podcast	Knitting	Bake something	Use a grounding technique	Cooking
Take a shower	Go outside	Collect something	Guided meditation	Visit your family
Watch a movie	Arts and Crafts	FREE	Painting	Listen to music
Look at old photos	Help a friend	Dance	Drawing	Read positive affirmations
Take a nap	Think about loved ones	Count to 10	Stretch	Create a playlist

B	I	N	G	O
Stretch	Listen to music	Look at old photos	Arts and Crafts	Go outside
54321 mindfulness	Knitting	Create a playlist	Watch TV	Cooking
Yoga	Write in a journal	FREE	Dance	Bake something
Take a shower	Painting	Do a puzzle	Watch a movie	Listen to a podcast
Count to 10	Take a nap	Guided meditation	Drawing	Collect something