

B	I	N	G	O
Use a fidget	Arts and Crafts	54321 mindfulness	Drawing	Stretch
Look at old photos	Dance	Talk to a friend	Read	Bake something
Spend time with yourself	Take up a new hobby	FREE	Use a grounding technique	Collect something
Guided meditation	Create a playlist	Knitting	Take a shower	Listen to a podcast
Sewing	Take a walk	Go for a drive	Go for a bike ride	Painting

B	I	N	G	O
Knitting	Go for a bike ride	Cooking	Count to 10	Play cards
Look at old photos	Listen to music	Collect something	Take up a new hobby	Stretch
Guided meditation	Help a friend	FREE	Talk to a friend	Bake something
Use a grounding technique	Arts and Crafts	Dance	Exercise	Read positive affirmations
Take a nap	Spend time with yourself	Read	Take a shower	Create a playlist

B	I	N	G	O
Sewing	Look at old photos	Dance	Painting	Arts and Crafts
Guided meditation	54321 mindfulness	Listen to music	Play cards	Use a fidget
Cooking	Yoga	FREE	Write in a journal	Deep breathing
Collect something	Stretch	Read	Do a puzzle	Use a grounding technique
Create a playlist	Bake something	Spend time with yourself	Help a friend	Drawing