

B	I	N	G	O
Watch a movie	54321 mindfulness	Guided meditation	Talk to a friend	Sewing
Go for a drive	Watch TV	Stretch	Do a puzzle	Take up a new hobby
Visit your family	Write in a journal	FREE	Drawing	Painting
Go for a bike ride	Play cards	Think about happy memories	Read	Think about loved ones
Listen to a podcast	Spend time with yourself	Help a friend	Exercise	Take a walk

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Write in a journal	Think about happy memories	Take up a new hobby	Take a walk	Think about loved ones
Drawing	Go for a bike ride	Sewing	Go for a drive	Spend time with yourself
Do a puzzle	Listen to music	FREE	54321 mindfulness	Read
Watch a movie	Exercise	Yoga	Talk to a friend	Stretch
Guided meditation	Painting	Play cards	Listen to a podcast	Watch TV

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Go for a drive	Think about loved ones	Play cards	Talk to a friend	54321 mindfulness
Write in a journal	Take up a new hobby	Guided meditation	Go for a bike ride	Spend time with yourself
Painting	Listen to music	FREE	Drawing	Do a puzzle
Exercise	Visit your family	Sewing	Help a friend	Take a walk
Watch TV	Watch a movie	Read	Listen to a podcast	Go outside