

B	I	N	G	O
Take up a new hobby	Arts and Crafts	54321 mindfulness	Drawing	Sewing
Listen to a podcast	Dance	Take a walk	Painting	Take a shower
Use a fidget	Cooking	FREE	Look at old photos	Go outside
Guided meditation	Stretch	Knitting	Read	Take a nap
Go for a bike ride	Listen to music	Exercise	Count to 10	Bake something

B	I	N	G	O
Take a shower	Count to 10	Spend time with yourself	Go outside	Cooking
Guided meditation	Take a walk	Bake something	Use a fidget	Arts and Crafts
Look at old photos	Sewing	FREE	Listen to music	Help a friend
Listen to a podcast	Dance	Drawing	Play cards	Use a grounding technique
Painting	Stretch	Create a playlist	Read	54321 mindfulness

B	I	N	G	O
Knitting	Dance	Look at old photos	Take up a new hobby	Count to 10
Yoga	Use a grounding technique	Deep breathing	Bake something	Sewing
Painting	Do a puzzle	FREE	Arts and Crafts	Use a fidget
Listen to a podcast	Create a playlist	Guided meditation	Drawing	Cooking
Go outside	Go for a bike ride	Read	Play cards	Stretch