

B	I	N	G	O
Use a fidget	54321 mindfulness	Go for a bike ride	Stretch	Listen to music
Do a puzzle	Take up a new hobby	Play cards	Arts and Crafts	Spend time with yourself
Take a walk	Bake something	FREE	Painting	Guided meditation
Help a friend	Take a nap	Knitting	Read	Take a shower
Go outside	Go for a drive	Look at old photos	Cooking	Create a playlist

B	I	N	G	O
Painting	Listen to music	Bake something	Take a walk	Cooking
Stretch	Guided meditation	Help a friend	Take up a new hobby	Arts and Crafts
Use a grounding technique	Look at old photos	FREE	Do a puzzle	Go for a bike ride
Read	Spend time with yourself	Play cards	Take a nap	Create a playlist
54321 mindfulness	Use a fidget	Yoga	Exercise	Go for a drive

B	I	N	G	O
Painting	Do a puzzle	Read	Exercise	Arts and Crafts
54321 mindfulness	Yoga	Use a grounding technique	Create a playlist	Take up a new hobby
Drawing	Take a nap	FREE	Knitting	Spend time with yourself
Look at old photos	Help a friend	Guided meditation	Bake something	Take a shower
Cooking	Take a walk	Listen to music	Go for a bike ride	Play cards