

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

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Use a grounding technique	Arts and Crafts	Take a nap	Create a playlist	Play cards
Exercise	Write in a journal	Look at old photos	Cooking	Spend time with yourself
Knitting	Bake something	FREE	Help a friend	54321 mindfulness
Go outside	Read	Use a fidget	Drawing	Take a shower
Listen to music	Painting	Take a walk	Take up a new hobby	Go for a bike ride

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