

B	I	N	G	O
WATCH TV OR MOVIES	COMPLETE SOMETHING YOU'VE BEEN PUTTING OFF	CLEAN YOUR ROOM	HUG A FRIEND OR FAMILY MEMBER	SPEND TIME WITH OTHERS
PUT A PUZZLE TOGETHER	GO FOR A WALK	TRY SOME AROMATHERAPY	RELAXING SHOWER OR BATH	CONTACT A HOTLINE OR THERAPIST
SING	TALK TO SOMEONE CLOSE TO YOU	FREE	WORD SEARCH OR CROSSWORD	CREATE A LIST OF GOALS FOR THE WEEK/MONTH OR YEAR
REARRANGE FURNITURE	PERFORM A RANDOM ACT OF KINDNESS	TEXT/CALL A FRIEND	PLAY A GAME	TAKE A NAP
PRAY	SELF CARE	MEDITATE	LISTEN TO MUSIC	READ THE BIBLE

B	I	N	G	O
PLAY A GAME	JOURNAL OR WRITE	CREATE A LIST OF GOALS FOR THE WEEK/MONTH OR YEAR	DANCE	REARRANGE FURNITURE
READ A GOOD BOOK	PUT A PUZZLE TOGETHER	CONTACT A HOTLINE OR THERAPIST	TEXT/CALL A FRIEND	SPEND TIME WITH OTHERS
PAINT COLOR OR DRAW	PERFORM A RANDOM AT OF KINDNESS	FREE	TRY SOME AROMATHERAPY	WORD SEARCH OR CROSSWORD
COMPLETE SOMETHING YOU'VE BEEN PUTTING OFF	READ THE BIBLE	GO FOR A WALK	SELF CARE	WRITE YOURSELF "I LOVE YOU" BECAUSE LETTERS
STRETCH	SING	RELAXING SHOWER OR BATH	TAKE A NAP	EXERCISE

B	I	N	G	O
SELF CARE	READ A GOOD BOOK	GO FOR A WALK	SING	READ THE BIBLE
COMPLETE SOMETHING YOU'VE BEEN PUTTING OFF	PAINT COLOR OR DRAW	CLEAN YOUR ROOM	PUT A PUZZLE TOGETHER	WATCH TV OR MOVIES
DANCE	YOGA	FREE	WRITE YOURSELF "I LOVE YOU" BECAUSE LETTERS	GO OUTSIDE FOR FRESH AIR
CONTACT A HOTLINE OR THERAPIST	SPEND TIME WITH OTHERS	REARRANGE FURNITURE	GO SHOPPING	WORD SEARCH OR CROSSWORD
EXERCIS E	PLAY A GAME	HUG A FRIEND OR FAMILY MEMBER	CREATE A LIST OF GOALS FOR THE WEEK/MONTH OR YEAR	LISTEN TO MUSIC