

B	I	N	G	O
Visualize Your Favorite Place	Call a Friend/Sponsor	Exercise	Practice Yoga	Make a Gratitude List
Dance	Use Positive Self-Talk	Play a Game	Call a Warmline/Hotline	Spend Time in Nature
Watch a Movie	Challenge the Thought	Laugh	Learn/Do a Hobby	Read/Listen to a Book
Listen to Music	Play with Clay	Explore the Emotion	Plan Something Fun	Create Art
Progressive Muscle Relaxation	Do a Body Scan	Write/Journal	Do a Puzzle	Have a Cup of Tea

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Create Art	Have a Cup of Tea	Dance	Laugh	Visualize Your Favorite Place
Listen to Music	Progressive Muscle Relaxation	Play a Game	Challenge the Thought	Use Positive Self-Talk
Watch a Movie	Play with Clay	Write/Journal	Call a Warmline/Hotline	Call a Friend/Sponsor
Learn/Do a Hobby	Spend Time in Nature	Practice Yoga	Exercise	Make a Gratitude List