B	I	N	G	O
Talk to a friend/family member	Breathing Exercises	Growth mindset	Stress Ball	Reflect on happy memories
Fidget Toys	Take a walk	Spend time outside	Build your support system	Stay hydrated
Study with a peer	Write in a journal	**FREE**	Cook or Bake	Make a To-Do list
Paint	Stretch	Read	Listen to music	S.M.A.R.T Goals
Less time on technology	Draw	Spend time with animals	Yoga	Get a good nights sleep

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B	I	N	G	O
Write in a journal	Build your support system	Stress Ball	Fidget Toys	Spend time outside
Growth mindset	Yoga	Reflect on happy memories	Draw	Stay hydrated
Paint	Cook or Bake	**FREE**	Make a To-Do list	Breathing Exercises
Listen to music	Spend time with animals	Talk to a friend/family member	Get a good nights sleep	Stretch
Read	S.M.A.R.T Goals	Study with a peer	Take a walk	Less time on technology

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B	I	N	G	O
Draw	Spend time with animals	Build your support system	S.M.A.R.T Goals	Cook or Bake
Talk to a friend/family member	Paint	Read	Take a walk	Reflect on happy memories
Study with a peer	Get a good nights sleep	**FREE**	Stretch	Listen to music
Write in a journal	Stay hydrated	Stress Ball	Yoga	Growth mindset
Make a To-Do list	Breathing Exercises	Spend time outside	Fidget Toys	Less time on technology

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