

B	I	N	G	O
Visit Family	Alter your Gardening	Emotional Freedom Techniques	Take yourself somewhere	See a movies
Do something you love	Try new things	Stress Ball	Brake out your comfort zone	Take a time out
Think about happy memories	Watch a movie	FREE	Breathing	Go meet new people
Dance	Listen to music	Talk to a friend	Say positive things about yourself	Talk to staff
Gardening	Sing	Exercise	Cooking	Take a bubble bath

B	I	N	G	O
Watch a movie	Talk to a friend	Take a time out	Take a bubble bath	Talk to staff
Breathing	Dance	See a movies	Do something you love	Sing
Brake out your comfort zone	Gardening	FREE	Alter your Gardening	Say positive things about yourself
Visit Family	Cooking	Write in a journal	Take yourself somewhere	Stress Ball
Emotional Freedom Techniques	Go meet new people	Listen to music	Gardening	Try new things

B	I	N	G	O
Do something you love	Talk to staff	Listen to music	Take yourself somewhere	Alter your Gardening
Watch a movie	Take a time out	Emotional Freedom Techniques	Dance	Sing
Go meet new people	Gardening	FREE	Breathing	Brake out your comfort zone
Cooking	Think about happy memories	See a movies	Exercise	Take a bubble bath
Try new things	Visit Family	Say positive things about yourself	Gardening	Drawing