

B	I	N	G	O
Think about happy memories	Become one with nature	Alter your Gardening	Gardening	Sing
Go to the museum	Draw	Talk to a friend	Listen to music	Brake out your comfort zone
See a movies	Take a time out	FREE	Visit Family	Bring the chid out of you for a moment They know how to fun
Learn something new	Go get your feet done	Go on a nice train ride changing your scene	Take a bubble bath	Go to a comedy show
Say positive things about yourself	Take a long shower	Go to the gym	Go bowling	Go meet new people

B	I	N	G	O
Get your feet rubbed	Go to your favorite place of fun	Go on a nice train ride changing your scene	Get a facial	Cooking
Dance	Have a hour car ride and listen to your favorite music	Go to the zoo	Go to the gym	Breathing
Take a time out	Stress Ball	FREE	Go get your feet done	Bring the chid out of you for a moment They know how to fun
Talk to a friend	Brake out your comfort zone	Visit Family	Take yourself somewhere	Believe in yourself
Learn something new	Sing	Go meet new people	Go out to eat	Drawing

B	I	N	G	O
Gardening	Take yourself somewhere	Paint	Visit Family	Stress Ball
See a movies	Listen to music	Take a bubble bath	Bring the child out of you for a moment They know how to fun	Do something you love
Relax in a Jacuzzi	Go to the zoo	FREE	Draw	Say positive things about yourself
Go to your favorite restaurant	Believe in yourself	Go get your feet done	Alter your Gardening	Go to the museum
Have a hour car ride and listen to your favorite music	Think about happy memories	Cooking	go to a arcade room	Write in a journal