B	I	N	G	O
Talk about my feelings with someone I trust	Be around other people	Flatten Aluminum cans to recycle	Snap a rubber band against my wrist	Paint my nails
Doodle draw or color	Take a bubble bath	Ride a bike or skateboard	Break sticks	Sing
Stretch or do yoga	Text 988	**FREE**	Call a friend	Journal
Let myself cry	Squeeze ice cubes	Organize my closet	Hug a pillow	Pop bubble wrap or balloons
Go for a walk or run	Cook or bake	Rip up paper	Watch a funny animal video	Draw a tattoo on my body

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Text 988	Break sticks	Snap a rubber band against my wrist	Doodle draw or color	Ride a bike or skateboard
Flatten Aluminum cans to recycle	Watch a funny animal video	Paint my nails	Cook or bake	Sing
Let myself cry	Call a friend	**FREE**	Journal	Be around other people
Hug a pillow	Rip up paper	Talk about my feelings with someone I trust	Draw a tattoo on my body	Squeeze ice cubes
Organize my closet	Pop bubble wrap or balloons	Stretch or do yoga	Take a bubble bath	Go for a walk or run

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Cook or bake	Rip up paper	Break sticks	Pop bubble wrap or balloons	Call a friend
Talk about my feelings with someone I trust	Let myself cry	Organize my closet	Take a bubble bath	Paint my nails
Stretch or do yoga	Draw a tattoo on my body	**FREE**	Squeeze ice cubes	Hug a pillow
Text 988	Sing	Snap a rubber band against my wrist	Watch a funny animal video	Flatten Aluminum cans to recycle
Journal	Be around other people	Ride a bike or skateboard	Doodle draw or color	Go for a walk or run

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved