B	I	N	G	O
Use Smell Goods	Chew Gum	Get up and Get Active	Take a Time Out	Singing
Do Yoga	Think About Happy Memories	Take a Bubble Bath	Cook	Talk to a Friend
Use a Stress Ball	Count to 10	**FREE**	Read	Relax Your Body
Talk to Staff	Say positive things about yourself	Take a Nap	Listen to music	Take Deep Breaths
Dance	Take a Walk	Draw	Write in a Journal	FREE

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

B	I	N	G	O
Use a Stress Ball	Write in a Journal	Cook	Say positive things about yourself	Do Yoga
Take a Time Out	Relax Your Body	Get up and Get Active	Take Deep Breaths	Count to 10
Read	Chew Gum	**FREE**	Listen to music	Take a Nap
FREE	Use Smell Goods	Draw	Talk to Staff	Dance
Singing	Paint	Talk to a Friend	Take a Bubble Bath	Think About Happy Memories

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

B	I	N	G	O
Talk to Staff	Listen to music	Use a Stress Ball	FREE	Take a Time Out
Take a Walk	Talk to a Friend	Write in a Journal	Say positive things about yourself	Count to 10
Take a Nap	Cook	**FREE**	Read	Get up and Get Active
Paint	Singing	Dance	Chew Gum	Use Smell Goods
Think About Happy Memories	Take a Bubble Bath	Relax Your Body	Take Deep Breaths	Draw

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