

B	I	N	G	O
Took a shower	Ate at least two meals	Draw	Talked to someone I care about	Problem-solved
Complimented someone	Took a nap	Spent time with family	Ate my favorite snack	Spent time with myself
Took a breather	Took a walk	FREE	Brushed my teeth	Listed things I am grateful for
Painted	Talked to someone you trust	Played a game I enjoy	Exercised	Repeated a positive affirmation
Enjoyed nature	Celebrated an accomplishment	Spent time with friends	Wrote in a journal	Drank water

B	I	N	G	O
Took a walk	Ate my favorite snack	Talked to someone I care about	Complimented someone	Spent time with family
Draw	Wrote in a journal	Problem-solved	Celebrated an accomplishment	Spent time with myself
Painted	Brushed my teeth	FREE	Listed things I am grateful for	Ate at least two meals
Exercised	Spent time with friends	Took a shower	Drank water	Talked to someone you trust
Played a game I enjoy	Repeated a positive affirmation	Took a breather	Took a nap	Enjoyed nature

B	I	N	G	O
Celebrated an accomplishment	Spent time with friends	Ate my favorite snack	Repeated a positive affirmation	Brushed my teeth
Took a shower	Painted	Played a game I enjoy	Took a nap	Problem-solved
Took a breather	Drank water	FREE	Talked to someone you trust	Exercised
Took a walk	Spent time with myself	Talked to someone I care about	Wrote in a journal	Draw
Listed things I am grateful for	Ate at least two meals	Spent time with family	Complimented someone	Enjoyed nature