B	I	N	G	O
Use positive self talk	Ask for help	Express gratitude	Read to someone	Morning stretch
Drink water	Think about happy memories	No social media day	Color/paint	Pray or meditate
Talk to a friend	Write in journal	**FREE**	Cook	Hug someone
Lost to music	Self admiration	Moment to reflect	Give yourself a facial	Nap/quiet time
Get active/ play a sport	Deep breathing	Play a board game	Yoga	Eat a rainbow dish

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

B	I	N	G	O
Write in journal	Color/paint	Read to someone	Drink water	No social media day
Express gratitude	Yoga	Morning stretch	Deep breathing	Pray or meditate
Lost to music	Cook	**FREE**	Hug someone	Ask for help
Give yourself a facial	Play a board game	Use positive self talk	Eat a rainbow dish	Self admiration
Moment to reflect	Nap/quiet time	Talk to a friend	Think about happy memories	Get active/ play a sport

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

B	I	N	G	O
Deep breathing	Play a board game	Color/paint	Nap/quiet time	Cook
Use positive self talk	Lost to music	Moment to reflect	Think about happy memories	Morning stretch
Talk to a friend	Eat a rainbow dish	**FREE**	Self admiration	Give yourself a facial
Write in journal	Pray or meditate	Read to someone	Yoga	Express gratitude
Hug someone	Ask for help	No social media day	Drink water	Get active/ play a sport

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