

B	I	N	G	O
TRAC	Color/Paint	Journey	Read to someone	Paint
Eraser	Sketchbook	Pencils	Cook	Sip
Vibe	Courage	FREE	Moment to Reflect	Morning stretch
Self care	Nap/Quiet time	Play board game	Kindness	Peace
Deep breathing	SNUG	Express gratitude	Yoga	Girl Power

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Vibe	Yoga	Cook	Nap/Quiet time	Eraser
Read to someone	Morning stretch	Journey	Peace	Courage
Moment to Reflect	Color/Paint	FREE	Kindness	Play board game
Girl Power	TRAC	Express gratitude	Self care	Deep breathing
Paint	Love	Sip	Pencils	Sketchbook

B	I	N	G	O
Self care	Kindness	Vibe	Girl Power	Read to someone
SNUG	Sip	Yoga	Nap/Quiet time	Courage
Play board game	Cook	FREE	Moment to Reflect	Journey
Love	Paint	Deep breathing	Color/Paint	TRAC
Sketchbook	Pencils	Morning stretch	Peace	Express gratitude