

B	I	N	G	O
Use a Fidget	Call A Friend	Exercise	Sing	Nap
Dance	Use A Mindfulness App	Play With A Pet	Clean	Read A Good Book
Take a Bath/Shower	Walk/Run	FREE	Cook/Bake	Listen To Music
Make A Craft	Take A Break	Make A Gratitude List	Journal	Play A Game
Go Outside	Cry	Pray/Meditate	Yoga	Draw Color Paint

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Walk/Run	Clean	Sing	Dance	Play With A Pet
Exercise	Yoga	Nap	Cry	Read A Good Book
Make A Craft	Cook/Bake	FREE	Listen To Music	Call A Friend
Journal	Pray/Meditate	Use a Fidget	Draw Color Paint	Take A Break
Make A Gratitude List	Play A Game	Take a Bath/Shower	Use A Mindfulness App	Go Outside

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Take a Bath/Shower	Draw Color Paint	FREE	Take A Break	Journal
Walk/Run	Read A Good Book	Sing	Yoga	Exercise
Listen To Music	Call A Friend	Play With A Pet	Dance	Go Outside