

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

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

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