

B	I	N	G	O
Watch a funny video on YouTube	Call a friend or family member	Draw or doodle	Read an inspirational quote	Listen to your favorite music
Do a puzzle	Try cooking a new dish	Play with a pet	Count to 10 slowly and repeat	Take a hot shower or bath
Cry	Have a tea	FREE	Hug a loved one	Stretch
Listen to nature sounds	Read a book	Garden or tend to plants	Look at photos that make you smile	Eat Healthy
Dance	Disconnect from Technology	Meditate	Do a short workout or exercise routine	Practice deep breathing exercises

B	I	N	G	O
Write down 5 things you are grateful for	Sit in the sun	Read a book	Play with a pet	Stretch
Dance	Disconnect from Technology	Practice deep breathing exercises	Look at photos that make you smile	Do a puzzle
Meditate	Count to 10 slowly and repeat	FREE	Have a tea	Call a friend or family member
Listen to your favorite music	Watch a funny video on YouTube	Write in your journal	Do a short workout or exercise routine	Cry
Read an inspirational quote	Do something nice for someone else	Hug a loved one	Draw or doodle	Garden or tend to plants

B	I	N	G	O
Meditate	Do a puzzle	Read a book	Practice deep breathing exercises	Do something nice for someone else
Count to 10 slowly and repeat	Write in your journal	Draw or doodle	Write down 5 things you are grateful for	Visualize a safe comforting place
Do a short workout or exercise routine	Stretch	FREE	Listen to nature sounds	Read an inspirational quote
Call a friend or family member	Disconnect from Technology	Look at photos that make you smile	Hug a loved one	Get some fresh air
Watch a funny video on YouTube	Cry	Take a hot shower or bath	Dance	Try cooking a new dish