

B	I	N	G	O
Time with friends	Be Resilient	Drink Water	Sleep	Make art
Cuddle with a stuffed animal	Think of happy memory	Read a good book	Call help line	Take your medication
Watch a funny movie	Coping Skills	FREE	Family time	Go to therapy
Take a walk	Listen to music	Sing	Eat healthy food	Nap
Cry	Spend time with your pet	Dance	hobby	Do a puzzle

B	I	N	G	O
Watch a funny movie	hobby	Call help line	Listen to music	Cuddle with a stuffed animal
Sleep	Go to therapy	Drink Water	Nap	Coping Skills
Family time	Be Resilient	FREE	Eat healthy food	Sing
Do a puzzle	Time with friends	Dance	Take a walk	Cry
Make art	Exercise	Take your medication	Read a good book	Think of happy memory

B	I	N	G	O
Take a walk	Eat healthy food	Watch a funny movie	Do a puzzle	Sleep
Spend time with your pet	Take your medication	hobby	Listen to music	Coping Skills
Sing	Call help line	FREE	Family time	Drink Water
Exercise	Make art	Cry	Be Resilient	Time with friends
Think of happy memory	Read a good book	Go to therapy	Nap	Dance