

B	I	N	G	O
Play A Relaxing Game	Go To The Library For An Event	Listen To Calming Music When Anxious	Study Or Do Homework (4 hours in the week)	Clean Your Room
Journal About Feelings	Clean Your Room	Start/Try A New Hobby	Drink Only Water (2 Days In A Row)	Watch A Movie With Family
Read A Book On Make-Up Hygiene	Watch A Make-Up How-To Video	FREE	Read A Book About History (Fiction Or Non-Fiction)	Play A Dancing Game
Practice Breathing Techniques	Tell Yourself Something You Like About Yourself (Daily)	Don't Ask For Money	Eat Something Healthy	Go On A Walk
Go To The Park	Don't Ask For Money	Give Someone A Compliment	Journal About Feelings	Get 8 Hours of Sleep (One Night)

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Go To The Park	Clean Your Room	Start/Try A New Hobby	Read A Book About History (Fiction Or Non-Fiction)	Clean Your Room
Practice Breathing Techniques	Watch A Make-Up How-To Video	Listen To Calming Music When Anxious	Drink Only Water (2 Days In A Row)	Go On A Walk
Read A Book On Make-Up Hygiene	Tell Yourself Something You Like About Yourself (Daily)	FREE	Eat Something Healthy	Watch A Movie With Family
Journal About Feelings	Go To The Library For An Event	Give Someone A Compliment	Study Or Do Homework (4 hours in the week)	Play A Dancing Game
Play A Relaxing Game	Don't Ask For Money	Play A Card/Board Game With Family	Journal About Feelings	Get 8 Hours of Sleep (One Night)

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