B	I	N	G	O
THINK HAPPY THOUGHTS	BE THANKFUL	EAT HEALTHY	SELF CARE	LOOK THROUGH OLD PHOTOS
DRAW OR DOODLE	TAKE DEEP BREATHS	READ A BOOK	CALL A FRIEND	REST
SMILE OFTEN	TRY SOMETHING NEW	**FREE**	COUNT TO 10	GO OUTSIDE
LAUGH	SING OR DANCE	LISTEN TO MUSIC	FORGIVE SOMEONE	MEDITATE
EXERCISE	DO AN ACT OF KINDNESS	RELAX	WATCH A MOVIE	DRINK WATER

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B	I	N	G	O
TRY SOMETHING NEW	CALL A FRIEND	SELF CARE	DRAW OR DOODLE	READ A BOOK
EAT HEALTHY	WATCH A MOVIE	LOOK THROUGH OLD PHOTOS	DO AN ACT OF KINDNESS	REST
LAUGH	COUNT TO 10	**FREE**	GO OUTSIDE	BE THANKFUL
FORGIVE SOMEONE	RELAX	THINK HAPPY THOUGHTS	DRINK WATER	SING OR DANCE
LISTEN TO MUSIC	MEDITATE	SMILE OFTEN	TAKE DEEP BREATHS	EXERCISE

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B	I	N	G	O
DO AN ACT OF KINDNESS	RELAX	CALL A FRIEND	MEDITATE	COUNT TO 10
THINK HAPPY THOUGHTS	LAUGH	LISTEN TO MUSIC	TAKE DEEP BREATHS	LOOK THROUGH OLD PHOTOS
SMILE OFTEN	DRINK WATER	**FREE**	SING OR DANCE	FORGIVE SOMEONE
TRY SOMETHING NEW	REST	SELF CARE	WATCH A MOVIE	EAT HEALTHY
GO OUTSIDE	BE THANKFUL	READ A BOOK	DRAW OR DOODLE	EXERCISE

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