

B	I	N	G	O
Watch your favorite TV show	Box Breathing	Drawing	Take a time out	Say positive things about yourself
Dance	Use your emotion wheel	Sleeping for 9 hours	Box Breathing	Take a cold or hot shower
Talk to a friend	Write in a journal	FREE	Cooking	No social media for 1 full day
Prayer	Take a walk	Read	Listen to music	Sing
Exercise	Count to 10	Stress Ball	Yoga	Do your favorite hobby

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Write in a journal	Box Breathing	Take a time out	Dance	Sleeping for 9 hours
Drawing	Yoga	Say positive things about yourself	Count to 10	Take a cold or hot shower
Prayer	Cooking	FREE	No social media for 1 full day	Box Breathing
Listen to music	Stress Ball	Watch your favorite TV show	Do your favorite hobby	Take a walk
Read	Sing	Talk to a friend	Use your emotion wheel	Exercise

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Count to 10	Stress Ball	Box Breathing	Sing	Cooking
Watch your favorite TV show	Prayer	Read	Use your emotion wheel	Say positive things about yourself
Talk to a friend	Do your favorite hobby	FREE	Take a walk	Listen to music
Write in a journal	Take a cold or hot shower	Take a time out	Yoga	Drawing
No social media for 1 full day	Box Breathing	Sleeping for 9 hours	Dance	Exercise