

B	I	N	G	O
Time Manage	Do Yoga	Journal	Take 10 Deep Breaths	Play a Sport
Good Night Sleep	Talk with Friends	Read a Book	Draw	Sing
Talk to a professional	Use a Stress Ball	FREE	Drink Water	Music
Paint	Take a Walk	Play a Game	Make a Music Playlist	Random Act of Kindness
Laugh	Enjoy Nature	Set a Goal	Watch a Funny Movie	Healthy Diet

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Use a Stress Ball	Draw	Take 10 Deep Breaths	Good Night Sleep	Read a Book
Journal	Watch a Funny Movie	Play a Sport	Enjoy Nature	Sing
Paint	Drink Water	FREE	Music	Do Yoga
Make a Music Playlist	Set a Goal	Time Manage	Healthy Diet	Take a Walk
Play a Game	Random Act of Kindness	Talk to a professional	Talk with Friends	Laugh

B	I	N	G	O
Enjoy Nature	Set a Goal	Draw	Random Act of Kindness	Drink Water
Time Manage	Paint	Play a Game	Talk with Friends	Play a Sport
Talk to a professional	Healthy Diet	FREE	Take a Walk	Make a Music Playlist
Use a Stress Ball	Sing	Take 10 Deep Breaths	Watch a Funny Movie	Journal
Music	Do Yoga	Read a Book	Good Night Sleep	Laugh