

B	I	N	G	O
talking to a friend and friends	Taking a walk outside	doing a puzzle	taking a break	listening to music
cooking	taking care of a plant	playing a board game	baking	reading a book
taking a shower	watching a movie	FREE	breathe	doing yoga
drinking water	taking a nap	exercising	doing something nice for someone	meditating
doing arts and crafts	cleaning your room	playing an instrument	writing in a journal	dancing

B	I	N	G	O
watching a movie	baking	taking a break	cooking	playing a board game
doing a puzzle	writing in a journal	listening to music	cleaning your room	reading a book
drinking water	breathe	FREE	doing yoga	Taking a walk outside
doing something nice for someone	playing an instrument	talking to a friend and friends	dancing	taking a nap
exercising	meditating	taking a shower	taking care of a plant	doing arts and crafts

B	I	N	G	O
cleaning your room	playing an instrument	baking	meditating	breathe
talking to a friend and friends	drinking water	exercising	taking care of a plant	listening to music
taking a shower	dancing	FREE	taking a nap	doing something nice for someone
watching a movie	reading a book	taking a break	writing in a journal	doing a puzzle
doing yoga	Taking a walk outside	playing a board game	cooking	doing arts and crafts