

B	I	N	G	O
Telling a Joke	Asking for Space	Going out to Eat	Shopping	Mindfulness
Dancing	Spending Time with Friends	Petting a Dog/Cat	Baking	Smelling Flowers
Cleaning	Listening to Music	FREE	Making Music	Sleep
Meditation	Reading	Journaling	Mowing the Yard	Jogging
Coloring	Cooking	Painting	Deep Breathing	Progressive Relaxation

B	I	N	G	O
Watching a Movie	Singing	Reading	Petting a Dog/Cat	Sleep
Coloring	Cooking	Progressive Relaxation	Mowing the Yard	Dancing
Painting	Baking	FREE	Listening to Music	Asking for Space
Mindfulness	Telling a Joke	Watching the Sunset	Deep Breathing	Cleaning
Shopping	Exercise	Making Music	Going out to Eat	Journaling

B	I	N	G	O
Painting	Dancing	Reading	Progressive Relaxation	Exercise
Baking	Watching the Sunset	Going out to Eat	Watching a Movie	Taking a Walk
Deep Breathing	Sleep	FREE	Meditation	Shopping
Asking for Space	Cooking	Mowing the Yard	Making Music	Listening to Birds Chirp
Telling a Joke	Cleaning	Smelling Flowers	Coloring	Spending Time with Friends