B	I	N	G	O
Visit the animal shelter	Plant a flower in a pot	Go outside and listen to nature	Compliment someone	Practice deep breathing- in through your nose out through your mouth
Listen to uplifting or inspirational music	Blow bubbles	Throw rocks into the woods	Organize your CD's	Practice a relaxation excercise
Squeeze an ice cube tightly	Watch a funny or inspirational movie	**FREE**	Rearrange your bedroom	Draw paint or color
Suck on a peppermint	Go to the library	Sip a cup of hot chocolate or tea	Invite a friend over	Play a game on the computer
Play solataire	Do the dishes	Do a puzzle	Make a collage with pictures of your favorite things	Dance to music

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B	I	N	G	O
Sew knit crochet	Work in the garden or flower bed	Make your bed	Listen to uplifting or inspirational music	Listen to inspirational tapes
Rearrange your bedroom	Suck on a peppermint	Read	Draw paint or color	Go for a brisk 10 minute walk
Throw rocks into the woods	Practice a relaxation excercise	**FREE**	Watch a funny or inspirational movie	Plant a flower in a pot
Organize your CD's	Practice deep breathing- in through your nose out through your mouth	Make a collage with pictures of your favorite things	Go to the library	Call a friend
Compliment someone	Play a game on the computer	Play solataire	Pet your cat or dog	Sit in the sun and close your eyes

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B	I	N	G	O
Sew knit crochet	2Jump up and down	Play a game on the computer	Listen to uplifting or inspirational music	Blow bubbles
Play solataire	Make a collage with pictures of your favorite things	Plant a flower in a pot	Draw paint or color	Go outside and listen to nature
Listen to inspirational tapes	Make your bed	**FREE**	Visit the animal shelter	Work in the garden or flower bed
Write yourself a nice note and carry it in your pocket	Write postive affirmations on note cards & decorate	Call a friend	Rearrange your bedroom	Read
Organize your CD's	Clean or organize a space	Watch a funny or inspirational movie	Practice a relaxation excercise	Practice deep breathing- in through your nose out through your mouth

COPING SKILLS Bingo Card #3 of 3

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