

B	I	N	G	O
Watch a funny or inspirational movie	Blow bubbles	Go outside and listen to nature	Rearrange your bedroom	Play a game on the computer
Do a puzzle	Suck on a peppermint	Practice deep breathing- in through your nose out through your mouth	Call a friend	Squeeze an ice cube tightly
Write postive affirmations on note cards & decorate	Chew gum	FREE	Make a collage with pictures of your favorite things	Make your bed
Sit in the sun and close your eyes	Organize your CD's	Read	Invite a friend over	Play solataire
Dance to music	Sew knit crochet	Draw paint or color	Write yourself a nice note and carry it in your pocket	Go for a brisk 10 minute walk

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Write postive affirmations on note cards & decorate	Write yourself a nice note and carry it in your pocket	Call a friend	Organize your CD's	Do a puzzle
Rearrange your bedroom	Make your bed	Go outside and listen to nature	Play solataire	Chew gum
Make a collage with pictures of your favorite things	Blow bubbles	FREE	Invite a friend over	Read
Go for a brisk 10 minute walk	Watch a funny or inspirational movie	Draw paint or color	Sit in the sun and close your eyes	Dance to music
Play a game on the computer	Listen to uplifting or inspirational music	Squeeze an ice cube tightly	Practice deep breathing- in through your nose out through your mouth	Suck on a peppermint

B	I	N	G	O
Sit in the sun and close your eyes	Invite a friend over	Write positive affirmations on note cards & decorate	Go for a brisk 10 minute walk	Rearrange your bedroom
Sew knit crochet	Squeeze an ice cube tightly	Write yourself a nice note and carry it in your pocket	Organize your CD's	Chew gum
Read	Call a friend	FREE	Make a collage with pictures of your favorite things	Go outside and listen to nature
Listen to uplifting or inspirational music	Play a game on the computer	Dance to music	Blow bubbles	Watch a funny or inspirational movie
Suck on a peppermint	Practice deep breathing- in through your nose out through your mouth	Make your bed	Play solitaire	Draw paint or color