

B	I	N	G	O
Text or call a friend	Write (poetry stories journal)	Go see a movie	Surf the internet	Paint or draw
Go fishing	Take up a new hobby	Pray	Dance	Sing
Take a nap	Try some aromatherapy	FREE	Do a word search or crossword	Knit or sew
Listen to music	Take a hot shower	Meditate	Go shopping	Play a musical instrument
Go shopping	Exercise	Read a good book	Yoga	Go for a walk

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Go see a movie	Yoga	Paint or draw	Exercise	Sing
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Go shopping	Read a good book	Text or call a friend	Go for a walk	Take a hot shower
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Knit or sew	Write (poetry stories journal)	Pray	Go fishing	Go shopping