

B	I	N	G	O
do a task that requires focus (like playing a game playing gameboy making a bracelet etc...)	Clean your room	Make a list of goals	Try to make as many words out of your full name as possible.	Rip apart an old phone book
Journal what you are feeling	choose a random object (like a piece of tape) and try to list 30 different uses for it	Take a nap	Deep Breathing	Tear up newspaper
Yoga	lay flat on your bed and focus on a point on the ceiling	FREE	Do a feelings chart	Play catch
Put a puzzle together	Write a letter	Rearrange furniture	Play a board game	Sit in the dark
Organize your closet	Draw a picture of what you are feeling	Talk to a friend	take a shower	Make a list of accomplishments

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Make a list of goals	take a shower	Rip apart an old phone book	Draw a picture of what you are feeling	Tear up newspaper
Put a puzzle together	Do a feelings chart	FREE	Play catch	Clean your room
Play a board game	Talk to a friend	do a task that requires focus (like playing a game playing gameboy making a bracelet etc...)	Make a list of accomplishments	Write a letter
Rearrange furniture	Sit in the dark	Yoga	choose a random object (like a piece of tape) and try to list 30 different uses for it	Organize your closet

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