

B	I	N	G	O
take a walk	breath deeply	do a puzzle	squeeze and release muscles	meditate
count to 10	take a bath	notice your 5 senses	call someone for support	slow down
stretch	watch a movie	FREE	clean your house	draw
journal	step back and reflect	listen to music	do yardwork	mindfulness
do yard work	count things in room	pet an animal	wink at your emotions	craft

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watch a movie	call someone for support	squeeze and release muscles	count to 10	notice your 5 senses
do a puzzle	wink at your emotions	meditate	count things in room	slow down
journal	clean your house	FREE	draw	breath deeply
do yardwork	pet an animal	take a walk	craft	step back and reflect
listen to music	mindfulness	stretch	take a bath	do yard work

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count things in room	pet an animal	call someone for support	mindfulness	clean your house
take a walk	journal	listen to music	take a bath	meditate
stretch	craft	FREE	step back and reflect	do yardwork
watch a movie	slow down	squeeze and release muscles	wink at your emotions	do a puzzle
draw	breath deeply	notice your 5 senses	count to 10	do yard work