

B	I	N	G	O
Visit your family	Arts and Crafts	Help a friend	Talk to a friend	Say Positive Statements
Exercise	Think about loved ones	Squeeze a stress ball	Cooking	Take a walk
Think about happy memories	Watch a movie	FREE	Count to ten	Play a game
Play with an animal	Talk to an adult	Read	Paint	Sewing
Listen to Music	Dance	Take a time out	Write in a journal	Go outside

B	I	N	G	O
Watch a movie	Cooking	Talk to a friend	Exercise	Squeeze a stress ball
Help a friend	Write in a journal	Say Positive Statements	Dance	Take a walk
Play with an animal	Count to ten	FREE	Play a game	Arts and Crafts
Paint	Take a time out	Visit your family	Go outside	Talk to an adult
Read	Sewing	Think about happy memories	Think about loved ones	Listen to Music

B	I	N	G	O
Dance	Take a time out	Cooking	Sewing	Count to ten
Visit your family	Play with an animal	Read	Think about loved ones	Say Positive Statements
Think about happy memories	Go outside	FREE	Talk to an adult	Paint
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Help a friend
Play a game	Arts and Crafts	Squeeze a stress ball	Exercise	Listen to Music