

B	I	N	G	O
Work	Bake/Cook	Go Outside	Take a Bath/Shower	Play with Lego
Draw	Time with Family	Read	Call Someone	Take Pictures
Time Alone	Write 5 Positive Things	FREE	Clean	Listen to Music
Make Something	Talk About It	Play Games	Keep Hands Busy	Pray
Go for Drive	Color	Take Deep Breaths	Write a Poem	Exercise

B	I	N	G	O
Write 5 Positive Things	Call Someone	Take a Bath/Shower	Draw	Read
Go Outside	Write a Poem	Play with Lego	Color	Take Pictures
Make Something	Clean	FREE	Listen to Music	Bake/Cook
Keep Hands Busy	Take Deep Breaths	Work	Exercise	Talk About It
Play Games	Pray	Time Alone	Time with Family	Go for Drive

B	I	N	G	O
Color	Take Deep Breaths	Call Someone	Pray	Clean
Work	Make Something	Play Games	Time with Family	Play with Lego
Time Alone	Exercise	FREE	Talk About It	Keep Hands Busy
Write 5 Positive Things	Take Pictures	Take a Bath/Shower	Write a Poem	Go Outside
Listen to Music	Bake/Cook	Read	Draw	Go for Drive