B	I	N	G	O
Watch a movie	Draw	Learn something new	Set a goal	Positive affirmations
Hang out with friends	Understand how you feel	Read	Eat healthy food	Take 10 deep breaths
Write a story/poem	Enjoy nature	FREE SPACE!	Make a playlist	Paint
Sleep well	Play a game	Ride a bike	List things you like	Random act of kindness
Go for a walk	Sing	Journal	Yoga	Laugh

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B	I	N	G	O
Write a story/poem	Yoga	Eat healthy food	Play a game	Hang out with friends
Set a goal	Paint	Learn something new	Random act of kindness	Enjoy nature
Make a playlist	Draw	FREE SPACE!	List things you like	Ride a bike
Laugh	Watch a movie	Journal	Sleep well	Go for a walk
Positive affirmations	Listen to music	Take 10 deep breaths	Read	Understand how you feel

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B	I	N	G	O
Sleep well	List things you like	Write a story/poem	Laugh	Set a goal
Sing	Take 10 deep breaths	Yoga	Play a game	Enjoy nature
Ride a bike	Eat healthy food	FREE SPACE!	Make a playlist	Learn something new
Listen to music	Positive affirmations	Go for a walk	Draw	Watch a movie
Understand how you feel	Read	Paint	Random act of kindness	Journal

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