

B	I	N	G	O
Watch a movie	Count to 10	Listen to music	Think about happy memories	Take a jog
Go outside	Watch TV	Take a walk	Deep breathing	Talk to coworkers
Visit your family	Wood working	FREE	Drawing	Play cards
Read	Think about loved ones	Stretch	New Hobby	Take a time out
Meditate	Excerise	Talk to a friend	Write in a journal	Help a friend

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Wood working	Deep breathing	Think about happy memories	Go outside	Take a walk
Listen to music	Write in a journal	Take a jog	Excerise	Talk to coworkers
Read	Drawing	FREE	Play cards	Count to 10
New Hobby	Talk to a friend	Watch a movie	Help a friend	Think about loved ones
Stretch	Take a time out	Visit your family	Watch TV	Meditate

B	I	N	G	O
Excerise	Talk to a friend	Deep breathing	Take a time out	Drawing
Watch a movie	Read	Stretch	Watch TV	Take a jog
Visit your family	Help a friend	FREE	Think about loved ones	New Hobby
Wood working	Talk to coworkers	Think about happy memories	Write in a journal	Listen to music
Play cards	Count to 10	Take a walk	Go outside	Meditate