

B	I	N	G	O
Workout	Count to 10	Hiking	Think about happy thoughts	Play cards
Go outside	Wood working	Take a Jog	Cycling	Talk to a friend
Watch TV	Write in a journal	FREE	Deep breathing	Meditate
New Hobby	Visit your family	Play a sport	Listen to music	Stretch
Listen to music	Drawing	Take a walk	Yoga	Help a friend

B	I	N	G	O
Write in a journal	Cycling	Think about happy thoughts	Go outside	Take a Jog
Hiking	Yoga	Play cards	Drawing	Talk to a friend
New Hobby	Deep breathing	FREE	Meditate	Count to 10
Listen to music	Take a walk	Workout	Help a friend	Visit your family
Play a sport	Stretch	Watch TV	Wood working	Listen to music

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Drawing	Take a walk	Cycling	Stretch	Deep breathing
Workout	New Hobby	Play a sport	Wood working	Play cards
Watch TV	Help a friend	FREE	Visit your family	Listen to music
Write in a journal	Talk to a friend	Think about happy thoughts	Yoga	Hiking
Meditate	Count to 10	Take a Jog	Go outside	Listen to music