B	I	N	G	O
Try to make as many words out of your full name as possible.	Build a pillow fort.	Bake cookies.	Go to a friend's house.	Rip paper into itty-bitty pieces.
Plan your wedding/prom/other event.	Feed the ducks birds or squirrels.	Teach your pet a new trick.	Post on web boards and answer others' posts.	Clean up trash at your local park.
Ride a bicycle.	Take a hot shower or relaxing bath.	Watch an old happy movie.	Complete something you've been putting off.	Play with little kids.
Make a CD/playlist of your favorite songs.	Face paint.	Make hot chocolate milkshake or smoothie.	Smile at least five people.	Paint or draw.
Read a good book.	Study the sky.	Stretch.	Rearrange furniture.	Learn a new language.

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B	I	N	G	O
Take a hot shower or relaxing bath.	Make a CD/playlist of your favorite songs.	Jump on a trampoline.	Play the "15 minute game." (Avoid something for 15 minutes when time is up start again.)	Make hot chocolate milkshake or smoothie.
Hunt for your perfect home or car on-line.	Cover yourself with Band-Aids where you want to cut.	Do a wordsearch or crossword.	Play with a pet.	Plan your wedding/prom/other event.
Perform a random act of kindness for someone.	Color with Crayons.	Take a nap (only if you are tired).	Dance.	Search for ridiculous things on the internet.
Look up recipes cook a meal.	Contact a hotline/ your therapist.	Make a list of goals for the week/month/year/5 years.	Teach your pet a new trick.	Clean your room /closet.
Watch fish.	Take up a new hobby.	Clean something.	Play with little kids.	Scribble/doodle on paper.

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B	I	N	G	O
Play a musical instrument.	Color-coordinate your wardrobe.	Make a list of blessings in your life.	Play with a pet.	Take a nap (only if you are tired).
Meditate.	Plant some seeds.	Feed the ducks birds or squirrels.	Hug a friend or family member.	Put a puzzle together.
Write (poetry stories journal).	Search on-line for new songs/artists.	Ride a bicycle.	Pray.	Sort through your photographs.
Contact a hotline/ your therapist.	Draw on yourself with a marker.	Put on fake tattoos.	Read the Bible.	Play video/computer games.
Build a pillow fort.	Look up recipes cook a meal.	Alphabetize your CDs/DVDs/books.	Perform a random act of kindness for someone.	Face paint.

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