

B	I	N	G	O
Watch TV	Build a pillow fort.	Arts and Crafts	Go shopping.	Sewing
Plan your wedding/prom/other event.	Drawing	Think about happy memories	Punch a punching bag.	Clean something.
Search for ridiculous things on the internet.	Talk to a friend	FREE	Watch an old happy movie.	Complete something you've been putting off.
Post on web boards and answer others' posts.	Look up new words and use them.	Talk to someone close to you.	Do schoolwork.	Make hot chocolate milkshake or smoothie.
Study the sky.	Paint your nails do your make-up or hair.	Ride a bicycle.	Take up a new hobby.	Take a walk

B	I	N	G	O
Scribble/doodle on paper.	Jump on a trampoline.	Talk to someone close to you.	Look up recipes cook a meal.	Hunt for your perfect home or car on-line.
Play video/computer games.	Make hot chocolate milkshake or smoothie.	Help a friend	Cooking	Create or build something.
Play with little kids.	Plant some seeds.	FREE	Perform a random act of kindness for someone.	Clean your room /closet.
Cover yourself with Band-Aids where you want to cut.	Sing.	Look up new words and use them.	Complete something you've been putting off.	Make a list of blessings in your life.
Think about loved ones	Clean something.	Watch an old happy movie.	Teach your pet a new trick.	CALL WARMLINE

B	I	N	G	O
Post on web boards and answer others' posts.	Sewing	Play the "15 minute game." (Avoid something for 15 minutes when time is up start again.)	Color with Crayons.	Make a CD/playlist of your favorite songs.
Play with little kids.	Talk to staff	Meditate.	Play a musical instrument.	Excerise
Go shopping.	Read a good book.	FREE	Watch fish.	Smile at least five people.
Search for ridiculous things on the internet.	Put a puzzle together.	Take a hot shower or relaxing bath.	Contact a hotline/ your therapist.	Deep breathing
Read the Bible.	Plant some seeds.	Drawing	Ride a bicycle.	Play with a balloon.