

B	I	N	G	O
watch a happy movie	Do school work	listen to music	talk to a friend	play with a pet
draw	use a stress ball	start a hobby or a project	clean your room	take a time out
think about happy memories	write a song/poetry	FREE	dance	meditate
paint	think about a happy place	play a sport	make a list of your goals	read
look at photos	deep breathing	stretch	write in a journal	exercise

B	I	N	G	O
write a song/poetry	clean your room	talk to a friend	draw	start a hobby or a project
listen to music	write in a journal	play with a pet	deep breathing	take a time out
paint	dance	FREE	meditate	Do school work
make a list of your goals	stretch	watch a happy movie	exercise	think about a happy place
play a sport	read	think about happy memories	use a stress ball	look at photos

B	I	N	G	O
deep breathing	stretch	clean your room	read	dance
watch a happy movie	paint	play a sport	use a stress ball	play with a pet
think about happy memories	exercise	FREE	think about a happy place	make a list of your goals
write a song/poetry	take a time out	talk to a friend	write in a journal	listen to music
meditate	Do school work	start a hobby or a project	draw	look at photos