

B	I	N	G	O
USE A STRESS BALL	COOK	EXERCISE	SAY POSITIVE AFFIRMATIONS	MAKE A PLAYLIST
EAT HEALTHY	UNDERSTAND HOW YOU FEEL	PLAY A GAME	COOK	TAKE CARE OF YOURSELF
WATCH A MOVIE	DANCE	FREE	PERFORM A RANDOM ACT OF KINDNESS	GO FOR A WALK
DRAWING	KEEP A POSITIVE ATTITUDE	SING	LAUGH	READ
TAKE 10 DEEP BREATHS	GET HELP	GET AWAY FROM THE PROBLEM	PAINT	DO YOGA

B	I	N	G	O
PERFORM A RANDOM ACT OF KINDNESS	MAKE A PLAYLIST	DANCE	TAKE CARE OF YOURSELF	DO YOGA
SING	GO FOR A WALK	KEEP A POSITIVE ATTITUDE	UNDERSTAND HOW YOU FEEL	COOK
WATCH A MOVIE	SAY POSITIVE AFFIRMATIONS	FREE	PAINT	EAT HEALTHY
EXERCISE	PLAY A GAME	TAKE 10 DEEP BREATHS	DRAWING	READ
COOK	USE A STRESS BALL	WRITE A STORY OR POEM	ENJOY NATURE	GET AWAY FROM THE PROBLEM

B	I	N	G	O
PERFORM A RANDOM ACT OF KINDNESS	EAT HEALTHY	READ	ENJOY NATURE	COOK
COOK	WRITE A STORY OR POEM	EXERCISE	WATCH A MOVIE	DRAWING
UNDERSTAND HOW YOU FEEL	TAKE 10 DEEP BREATHS	FREE	LAUGH	SAY POSITIVE AFFIRMATIONS
DO YOGA	PAINT	KEEP A POSITIVE ATTITUDE	GO FOR A WALK	DANCE
TAKE CARE OF YOURSELF	MAKE A PLAYLIST	GET AWAY FROM THE PROBLEM	PLAY A GAME	USE A STRESS BALL