

B	I	N	G	O
thankful list	art	laugh	set a goal	play a game
exercise	talking to friend	playing a sport	breathing	read
talking to an adult	think of what you would say to a friend	FREE	dance	mandalas/ coloring
meditation	singing	mindfulness	listening to music	play with a pet
learn something new	do a puzzle	positive thinking	walking away	journal

B	I	N	G	O
think of what you would say to a friend	breathing	set a goal	exercise	playing a sport
laugh	walking away	play a game	do a puzzle	read
meditation	dance	FREE	mandalas/ coloring	art
listening to music	positive thinking	thankful list	journal	singing
mindfulness	play with a pet	talking to an adult	talking to friend	learn something new

B	I	N	G	O
do a puzzle	positive thinking	breathing	play with a pet	dance
thankful list	meditation	mindfulness	talking to friend	play a game
talking to an adult	journal	FREE	singing	listening to music
think of what you would say to a friend	read	set a goal	walking away	laugh
mandalas/ coloring	art	playing a sport	exercise	learn something new