

B	I	N	G	O
Watch TV	Act of Kindness	Go for a walk	Talk to a friend	Play a game
Drawing	Think about loved ones	Take a break	Art Project	Talk to a family member
Think about happy memories	Watch a movie	FREE	Count to 10	Listen to music
Deep breathing	Paint	Text a friend	Pet your dog or cat	Things you are thankful for
Help a friend	Read	Go outside	Dance	Take a walk

B	I	N	G	O
Watch a movie	Text a friend	Talk to a family member	Take a walk	Things you are thankful for
Count to 10	Deep breathing	Play a game	Drawing	Read
Art Project	Listen to Guided Meditation	FREE	Act of Kindness	Pet your dog or cat
Watch TV	Dance	Write in a journal	Talk to a friend	Take a break
Go for a walk	Listen to music	Paint	Help a friend	Think about loved ones

B	I	N	G	O
Drawing	Things you are thankful for	Paint	Talk to a friend	Act of Kindness
Watch a movie	Talk to a family member	Go for a walk	Deep breathing	Read
Listen to music	Listen to Guided Meditation	FREE	Count to 10	Art Project
Dance	Think about happy memories	Play a game	Go outside	Take a walk
Think about loved ones	Watch TV	Pet your dog or cat	Help a friend	Exercise