

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

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

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