

B	I	N	G	O
Use a stress ball	Arts and Crafts	Exercise	Story telling	Meditate
Drawing	Think about happy memories	Play a game	Count to 10	Read
Talk to a friend	Watch TV/movies	FREE	Dance	Go outside
Help a friend	Talk about the loss	Listen to music	Get fresh air	Painting
Get enough sleep	Deep breathing	Play sports	Write in a journal	Eat healthy

B	I	N	G	O
Watch TV/movies	Count to 10	Story telling	Drawing	Play a game
Excerise	Write in a journal	Meditate	Deep breathing	Read
Help a friend	Dance	FREE	Go outside	Arts and Crafts
Get fresh air	Play sports	Use a stress ball	Eat healthy	Talk about the loss
Listen to music	Painting	Talk to a friend	Think about happy memories	Get enough sleep

B	I	N	G	O
Deep breathing	Play sports	Count to 10	Painting	Dance
Use a stress ball	Help a friend	Listen to music	Think about happy memories	Meditate
Talk to a friend	Eat healthy	FREE	Talk about the loss	Get fresh air
Watch TV/movies	Read	Story telling	Write in a journal	Excerise
Go outside	Arts and Crafts	Play a game	Drawing	Get enough sleep