

B	I	N	G	O
Watch TV or a movie	Color coordinate your wardrobe	Clean the house	Go outside	Take a walk
Read	Deep breathing	Visit your family	Take A Nap	Complete something on your "to-do" list
Think about loved ones	Work in the garden	FREE	Cooking	Search for funny things on YouTube
Make a "gratitude list"	Play cards	Talk to staff	Pray	Take a time out
Think about happy memories	Help a friend	Play a game with your children	Rip paper into pieces	Go shopping

B	I	N	G	O
Count to 10	Dance	Search for funny things on YouTube	Rearrange your furniture	Read
Complete something on your "to-do" list	Think about loved ones	Talk to a friend	Make a "gratitude list"	Cooking
Play a game with your children	Visit your family	FREE	Work in the garden	Try to make as many words as possible from letters in your name
Color coordinate your wardrobe	Take a walk	Play cards	Drawing	Go outside
Take a hot shower/bath	Take A Nap	Think about happy memories	Take a time out	Rip paper into pieces

B	I	N	G	O
Rip paper into pieces	Color coordinate your wardrobe	Make a "gratitude list"	Clean the house	Read
Deep breathing	Search for funny things on YouTube	Watch TV or a movie	Count to 10	Write in a journal
Write a list of goals	Drawing	FREE	Complete something on your "to-do" list	Talk to a friend
Take A Nap	Go for a drive	Work in the garden	Dance	Take a walk
Play a game with your children	Go outside	Cooking	Play cards	Help a friend