

B	I	N	G	O
Use positive self-talk	Arts and crafts	Let yourself cry	Take a time out	Red
Exercise	Use a stress ball	Start a hobby or project	Cooking	Try something new
Walk the dog	Dance	FREE	Play cards	Pray or Meditate
Think about happy memories	Punch a punching bag	Take a shower	Listen to music	Sew or crochet
Deep breathing exercises	Talk to a friend	FREE SPACE	Write in a journal	Go outside

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Walk the dog	Write in a journal	Cooking	Punch a punching bag	Exercise
Take a time out	Pray or Meditate	Let yourself cry	Sew or crochet	Dance
Play cards	Arts and crafts	FREE	Listen to music	Take a shower
Go outside	Use positive self-talk	FREE SPACE	Think about happy memories	Deep breathing exercises
Red	Muscle relaxation	Try something new	Start a hobby or project	Use a stress ball

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Think about happy memories	Listen to music	Walk the dog	Go outside	Take a time out
Talk to a friend	Try something new	Write in a journal	Punch a punching bag	Dance
Take a shower	Cooking	FREE	Play cards	Let yourself cry
Muscle relaxation	Red	Deep breathing exercises	Arts and crafts	Use positive self-talk
Use a stress ball	Start a hobby or project	Pray or Meditate	Sew or crochet	FREE SPACE