

B	I	N	G	O
Tell a joke	Clean the house	Go Shopping	Sing a song	Listen to music
Deep breathing exercises	Take a walk	Rearrange furniture	Complete a puzzle	Sew or crochet
Take a nap	Text or call an old friend	FREE	Count to 100	Go swimming
Imagine a calm place	Start a hobby or project	Jump rope	Go outside	Play a sport
Go To Program	Count to 50	See a movie	Write in a journal	Exercise

B	I	N	G	O
Text or call an old friend	Complete a puzzle	Sing a song	Deep breathing exercises	Rearrange furniture
Go Shopping	Write in a journal	Listen to music	Count to 50	Sew or crochet
Imagine a calm place	Count to 100	FREE	Go swimming	Clean the house
Go outside	See a movie	Tell a joke	Exercise	Start a hobby or project
Jump rope	Play a sport	Take a nap	Take a walk	Go To Program

B	I	N	G	O
Count to 50	See a movie	Complete a puzzle	Play a sport	Count to 100
Tell a joke	Imagine a calm place	Jump rope	Take a walk	Listen to music
Take a nap	Exercise	FREE	Start a hobby or project	Go outside
Text or call an old friend	Sew or crochet	Sing a song	Write in a journal	Go Shopping
Go swimming	Clean the house	Rearrange furniture	Deep breathing exercises	Go To Program