

B	I	N	G	O
Tell a joke	Clean the house	Go Shopping	Sew or crochet	Listen to music
Count to 50	Take a walk	Rearrange furniture	Complete a puzzle	Take a nap
Text or call an old friend	Count to 10	FREE	Go swimming	Imagine a calm place
Start a hobby or project	Jump rope	See a movie	Go To Program	Play a sport
Count to 100	Sing a song	Deep breathing exercises	Write in a journal	Exercise

B	I	N	G	O
Text or call an old friend	Write in a journal	Complete a puzzle	Jump rope	Count to 50
Sew or crochet	Imagine a calm place	Go Shopping	Play a sport	Count to 10
Go swimming	Clean the house	FREE	Go To Program	See a movie
Exercise	Tell a joke	Deep breathing exercises	Start a hobby or project	Count to 100
Listen to music	Go outside	Take a nap	Rearrange furniture	Take a walk

B	I	N	G	O
Start a hobby or project	Go To Program	Text or call an old friend	Exercise	Sew or crochet
Sing a song	Take a nap	Write in a journal	Jump rope	Count to 10
See a movie	Complete a puzzle	FREE	Go swimming	Go Shopping
Go outside	Listen to music	Count to 100	Clean the house	Tell a joke
Take a walk	Rearrange furniture	Imagine a calm place	Play a sport	Deep breathing exercises