

B	I	N	G	O
Watch TV or a movie	Color coordinate your wardrobe	Clean the house	Help a friend	Talk to a friend
Rip paper into pieces	Go for a drive	Visit your family	Take a time out	Complete something on your "to-do" list
Take yourself on a date	Think about loved ones	FREE	Work in the garden	Deep breathing
Take a hot shower/bath	Pray	Try to make as many words as possible from letters in your name	Read	Think about happy memories
Rearrange your furniture	Take a walk	Play a game with your children	Meditate	Take A Nap

B	I	N	G	O
Read	Make a "gratitude list"	Deep breathing	Drawing	Take a hot shower/bath
Search for funny things on YouTube	Rip paper into pieces	Complete something on your "to-do" list	Try to make as many words as possible from letters in your name	Talk to a friend
Play cards	Pray	FREE	Visit your family	Work in the garden
Color coordinate your wardrobe	Take A Nap	Go for a drive	Take a walk	Write a list of goals
Talk to staff	Take yourself on a date	Take a time out	Think about happy memories	Excerise

B	I	N	G	O
Take a walk	Search for funny things on YouTube	Go for a drive	Take yourself on a date	Take A Nap
Color coordinate your wardrobe	Play cards	Clean the house	Rip paper into pieces	Watch TV or a movie
Drawing	Write in a journal	FREE	Write a list of goals	Go outside
Complete something on your "to-do" list	Talk to a friend	Take a hot shower/bath	Go shopping	Work in the garden
Excerise	Read	Help a friend	Deep breathing	Meditate