

B	I	N	G	O
Understand Your Feelings	Color A Picture	Let It Go	Take A Walk	Read A Book
Keep A Journal	Talk With A Friend	Sing	Exercise	Take 10 Deep Breaths
Take Time Alone	Use A Stress Ball	FREE	Get Enough Sleep	Play A Game
Positive Attitude	Take Care of Yourself	Random Act of Kindness	Meditate	Say Positive Affirmations
Listen To Music	Get Help	Spend Time With Friends	Watch a Movie	Laugh

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Use A Stress Ball	Exercise	Take A Walk	Keep A Journal	Sing
Let It Go	Watch a Movie	Read A Book	Get Help	Take 10 Deep Breaths
Positive Attitude	Get Enough Sleep	FREE	Play A Game	Color A Picture
Meditate	Spend Time With Friends	Understand Your Feelings	Laugh	Take Care of Yourself
Random Act of Kindness	Say Positive Affirmations	Take Time Alone	Talk With A Friend	Listen To Music

B	I	N	G	O
Get Help	Spend Time With Friends	Exercise	Say Positive Affirmations	Get Enough Sleep
Understand Your Feelings	Positive Attitude	Random Act of Kindness	Talk With A Friend	Read A Book
Take Time Alone	Laugh	FREE	Take Care of Yourself	Meditate
Use A Stress Ball	Take 10 Deep Breaths	Take A Walk	Watch a Movie	Let It Go
Play A Game	Color A Picture	Sing	Keep A Journal	Listen To Music