

B	I	N	G	O
Take a bubble bath	Care for a houseplant	Garden	Rearrange my room	Listen to music
Do crossword puzzles	Spend time with friends or family	Play with pet	Color	Read something inspiring
Sit in the sun	Volunteer	FREE	Do a Random Act of Kindness	Go to the library
Help someone	Show interest in what others say	Learn something new	Go to a movie	Notice good things that happen
Give a compliment	Do artwork / crafts	Read a book or magazine	Walk / exercise	Eat a healthy meal

B	I	N	G	O
Volunteer	Color	Rearrange my room	Do crossword puzzles	Play with pet
Garden	Walk / exercise	Listen to music	Do artwork / crafts	Read something inspiring
Help someone	Do a Random Act of Kindness	FREE	Go to the library	Care for a houseplant
Go to a movie	Read a book or magazine	Take a bubble bath	Eat a healthy meal	Show interest in what others say
Learn something new	Notice good things that happen	Sit in the sun	Spend time with friends or family	Give a compliment

B	I	N	G	O
Do artwork / crafts	Read a book or magazine	Color	Notice good things that happen	Do a Random Act of Kindness
Take a bubble bath	Help someone	Learn something new	Spend time with friends or family	Listen to music
Sit in the sun	Eat a healthy meal	FREE	Show interest in what others say	Go to a movie
Volunteer	Read something inspiring	Rearrange my room	Walk / exercise	Garden
Go to the library	Care for a houseplant	Play with pet	Do crossword puzzles	Give a compliment