

B	I	N	G	O
Time Manage	Breath deeply	Healthy Diet	Sing	Play a Game
Enjoy Nature	Talk with Friends	Random Act of Kindness	Do Yoga	Set a Goal
Take a Walk	Use a Stress Ball	FREE	Draw	Make a Music Playlist
Music	Take 10 Deep Breaths	Paint	Laugh	Play a Sport
Journal	Drink Water	Read a Book	Watch a Funny Movie	Good Night Sleep

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Use a Stress Ball	Do Yoga	Sing	Enjoy Nature	Random Act of Kindness
Healthy Diet	Watch a Funny Movie	Play a Game	Drink Water	Set a Goal
Music	Draw	FREE	Make a Music Playlist	Breath deeply
Laugh	Read a Book	Time Manage	Good Night Sleep	Take 10 Deep Breaths
Paint	Play a Sport	Take a Walk	Talk with Friends	Journal

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Drink Water	Read a Book	Do Yoga	Play a Sport	Draw
Time Manage	Music	Paint	Talk with Friends	Play a Game
Take a Walk	Good Night Sleep	FREE	Take 10 Deep Breaths	Laugh
Use a Stress Ball	Set a Goal	Sing	Watch a Funny Movie	Healthy Diet
Make a Music Playlist	Breath deeply	Random Act of Kindness	Enjoy Nature	Journal