B	I	N	G	O
Visualize a peaceful place	Ask for help	Go for a walk	Take 10 deep breaths	Make a list of goals or wishes
Do some light exercises	Use a stress ball	Read a book or magazine	Call a friend	Say some positive affirmations
Talk to your social worker	Watch a funny movie	**FREE**	Do a puzzle	Listen to music
Listen to music	Take a hot bath or shower	Look at old photographs	Knit or sew	Perform a random act of kindness
Healthy eating	Do one positive thing	Say a prayer	Write a story poem or letter	Enjoy nature

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B	I	N	G	O
Watch a funny movie	Call a friend	Take 10 deep breaths	Do some light exercises	Read a book or magazine
Go for a walk	Write a story poem or letter	Make a list of goals or wishes	Do one positive thing	Say some positive affirmations
Listen to music	Do a puzzle	**FREE**	Listen to music	Ask for help
Knit or sew	Say a prayer	Visualize a peaceful place	Enjoy nature	Take a hot bath or shower
Look at old photographs	Perform a random act of kindness	Talk to your social worker	Use a stress ball	Healthy eating

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B	I	N	G	O
Do one positive thing	Say a prayer	Call a friend	Perform a random act of kindness	Do a puzzle
Visualize a peaceful place	Listen to music	Look at old photographs	Use a stress ball	Make a list of goals or wishes
Talk to your social worker	Enjoy nature	**FREE**	Take a hot bath or shower	Knit or sew
Watch a funny movie	Say some positive affirmations	Take 10 deep breaths	Write a story poem or letter	Go for a walk
Listen to music	Ask for help	Read a book or magazine	Do some light exercises	Healthy eating

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