

B	I	N	G	O
Unplug from Social Media	Ask For Help	Get a Manicure or Pedicure	Take a Bubble Bath	Read a Book
Do an arts & Crafts Project	Try a New Activity	Set a Goal	Change up your Hairstyle	Take A Nap
Talk with Friends	Watch a favorite TV show or Movie	FREE	Confide in Someone	Make a To-Do List
Play a Game	Take a Walk	Practice Deep Breathing & Stretching	Listen to Music	Reorganize Personal Space
Get together with a family member or friend	Cook or Bake a favorite Meal	Spend Time Playing with Child	Write in a Journal	Exercise or Be Active

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Listen to Music	Spend Time Playing with Child	Unplug from Social Media	Exercise or Be Active	Take a Walk
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