

B	I	N	G	O
Use a Stress Ball	Color	Get a good nights rest	Sing	Make a Music Playlist
Enjoy Nature	Talk with Friends	Play a Sport	Do Yoga	Read a Book
Take a Walk	Watch a Funny Movie	FREE	Draw	Healthy Diet
Laugh	Take 10 Deep Breaths	Listen Music	Good Night Sleep	Play a Game
Go Outside	Drink Water	Random Act of Kindness	Write in a Journal	Exercise

B	I	N	G	O
Watch a Funny Movie	Do Yoga	Sing	Enjoy Nature	Play a Sport
Get a good nights rest	Write in a Journal	Make a Music Playlist	Drink Water	Read a Book
Laugh	Draw	FREE	Healthy Diet	Color
Good Night Sleep	Random Act of Kindness	Use a Stress Ball	Exercise	Take 10 Deep Breaths
Listen Music	Play a Game	Take a Walk	Talk with Friends	Go Outside

B	I	N	G	O
Drink Water	Random Act of Kindness	Do Yoga	Play a Game	Draw
Use a Stress Ball	Laugh	Listen Music	Talk with Friends	Make a Music Playlist
Take a Walk	Exercise	FREE	Take 10 Deep Breaths	Good Night Sleep
Watch a Funny Movie	Read a Book	Sing	Write in a Journal	Get a good nights rest
Healthy Diet	Color	Play a Sport	Enjoy Nature	Go Outside