

B	I	N	G	O
Use a Stress Ball	Count to 10 and Back	Make a Music Playlist	Take a Bath/Shower	Random Act of Kindness
Healthy Diet	Talk with Friends	Sing	Draw	Take 10 Deep Breaths
Talk to Counselor	Visualization	FREE	Drink Water	Play a Sport
Pray	Take a Walk	Progressive Relaxation	Play a Game	Read a Book
Paint	Enjoy Nature	Stretch/Meditate	Watch a Funny Movie	Journal

B	I	N	G	O
Visualization	Draw	Take a Bath/Shower	Healthy Diet	Sing
Make a Music Playlist	Watch a Funny Movie	Random Act of Kindness	Enjoy Nature	Take 10 Deep Breaths
Pray	Drink Water	FREE	Play a Sport	Count to 10 and Back
Play a Game	Stretch/Meditate	Use a Stress Ball	Journal	Take a Walk
Progressive Relaxation	Read a Book	Talk to Counselor	Talk with Friends	Paint

B	I	N	G	O
Enjoy Nature	Stretch/Meditate	Draw	Read a Book	Drink Water
Use a Stress Ball	Pray	Progressive Relaxation	Talk with Friends	Random Act of Kindness
Talk to Counselor	Journal	FREE	Take a Walk	Play a Game
Visualization	Take 10 Deep Breaths	Take a Bath/Shower	Watch a Funny Movie	Make a Music Playlist
Play a Sport	Count to 10 and Back	Sing	Healthy Diet	Paint