

B	I	N	G	O
Watch TV	Arts and crafts	Exercise	Stretching	Read
Deep breathing	Walk away	Sing	Cooking	Stress ball
Think about happy memories	Watch a movie	FREE	Count to 10	Meditate
Painting	Talk to someone	Play Cards	Listen to music	Say a positive affirmation
Go for a walk	Dance	Sleep	Write in a journal	Do a random act of kindness

B	I	N	G	O
Watch a movie	Cooking	Stretching	Deep breathing	Sing
Exercise	Write in a journal	Read	Dance	Stress ball
Painting	Count to 10	FREE	Meditate	Arts and crafts
Listen to music	Sleep	Watch TV	Do a random act of kindness	Talk to someone
Play Cards	Say a positive affirmation	Think about happy memories	Walk away	Go for a walk

B	I	N	G	O
Dance	Sleep	Cooking	Say a positive affirmation	Count to 10
Watch TV	Painting	Play Cards	Walk away	Read
Think about happy memories	Do a random act of kindness	FREE	Talk to someone	Listen to music
Watch a movie	Stress ball	Stretching	Write in a journal	Exercise
Meditate	Arts and crafts	Sing	Deep breathing	Go for a walk