

Positive Experiences Bingo

Try something new	Color	Arts and Crafts	Going on vacation	Start a hobby or project
Playing sports	Eating	Talking on the phone	Read	Cooking
Talk to a friend	Use a stress ball	FREE	Dance	Punch a punching bag
Muscle relaxation	Talk to friends	Painting	Take a time out	Play cards
Skateboarding	Taking a walk	Solving riddles	Let yourself cry	Hiking

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Playing video games	Painting	Going to parties	Deep breathing	Draw
Punch a punching bag	Playing sports	Play with a pet	Cooking	Talk to friends
Swimming	Making video games	FREE	Dance	Talking on the phone
Cooking	Use a stress ball	Muscle relaxation	Pray or meditate	Photography
Exercise	Going on vacation	Sew or crochet	Use positive self-talk	Take a shower

Positive Experiences Bingo

Start a hobby or project	Read	Take a time out	Dance	Dressing up
Skateboarding	Playing sports	Exercise	Solving riddles	Pray or meditate
Color	Making video games	FREE	Arts and Crafts	Play with a pet
Eating	Punch a punching bag	Try something new	Deep breathing	Write in a journal
Watch a movie	Use positive self-talk	Cooking	Swimming	Go outside