B	I	N	G	O
Watch TV	Arts and Crafts	Excerise	Think about happy memories	Read
Deep breathing	Visit your family	Take a time out	Cooking	Talk to a friend
Treat yourself	Watch a movie	**FREE**	Count to 10	Listen to music
Painting	Think about loved ones	Play cards	Help a friend	Sewing
Go outside	Dance	Take a walk	Write in a journal	Drawing

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Watch a movie	Cooking	Think about happy memories	Deep breathing	Take a time out
Excerise	Write in a journal	Read	Dance	Talk to a friend
Painting	Count to 10	**FREE**	Listen to music	Arts and Crafts
Help a friend	Take a walk	Watch TV	Drawing	Think about loved ones
Play cards	Sewing	Treat yourself	Visit your family	Go outside

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Dance	Take a walk	Cooking	Sewing	Count to 10
Watch TV	Painting	Play cards	Visit your family	Read
Treat yourself	Drawing	**FREE**	Think about loved ones	Help a friend
Watch a movie	Talk to a friend	Think about happy memories	Write in a journal	Excerise
Listen to music	Arts and Crafts	Take a time out	Deep breathing	Go outside

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved