

B	I	N	G	O
Talk with Friends	Dance	Hiking	Sleep	Random Act of Kindness
Exercise	Take a Walk	Set Goals	Draw	Sing
Take 10 Deep Breaths	Use a Stress Ball	FREE SPOT! :)	Drink(shots!)	Listen to Music
Meditate	Surf the Web	Play a Game	Laugh	Read a Book
Journal	Eat(Healthy) Yummy Food	Shopping	Watch TV	Family Time

B	I	N	G	O
Use a Stress Ball	Draw	Sleep	Exercise	Set Goals
Hiking	Watch TV	Random Act of Kindness	Eat(Healthy) Yummy Food	Sing
Meditate	Drink(shots!)	FREE SPOT! :)	Listen to Music	Dance
Laugh	Shopping	Talk with Friends	Family Time	Surf the Web
Play a Game	Read a Book	Take 10 Deep Breaths	Take a Walk	Journal

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Eat(Healthy) Yummy Food	Shopping	Draw	Read a Book	Drink(shots!)
Talk with Friends	Meditate	Play a Game	Take a Walk	Random Act of Kindness
Take 10 Deep Breaths	Family Time	FREE SPOT! :)	Surf the Web	Laugh
Use a Stress Ball	Sing	Sleep	Watch TV	Hiking
Listen to Music	Dance	Set Goals	Exercise	Journal