

B	I	N	G	O
Walk away	Aromatherapy (lotion oils spray)	Go shopping	Read a book	Play an instrument
Exercise	Talk to a counselor	Play with pet	Count to 10	Take a warm shower or bath
Dance	Make a list of blessings	FREE	Meditate	Take a walk
Play a game	Punching bag	Listen to music	Play sports	Help someone
Deep breathing	Draw/Paint	Play with little kids	Go on a drive	Prayer

B	I	N	G	O
Write in my journal	Stress ball	Punching bag	Play with pet	Take a walk
Deep breathing	Draw/Paint	Prayer	Play sports	Exercise
Play with little kids	Count to 10	FREE	Make a list of blessings	Aromatherapy (lotion oils spray)
Play an instrument	Walk away	Yoga	Go on a drive	Dance
Read a book	Go see a movie	Meditate	Go shopping	Listen to music

B	I	N	G	O
Play with little kids	Exercise	Punching bag	Prayer	Go see a movie
Count to 10	Yoga	Go shopping	Write in my journal	Talk to friends
Go on a drive	Take a walk	FREE	Play a game	Read a book
Aromatherapy (lotion oils spray)	Draw/Paint	Play sports	Meditate	Look at a picture
Walk away	Dance	Take a warm shower or bath	Deep breathing	Talk to a counselor