| B | I | N | G | O |
|---|---|---|---|---|
| Time Manage | Do Yoga | Hobbies | Stand up and Stretch | Play a Sport |
| Guided Imagery | Talk with Friends | Read a Book | Draw | Sing |
| Take a Walk | Use a Stress Ball | **FREE** | Enjoy Nature | Meditation |
| Paint | Take 10 Deep Breaths | Play a Game | Make a Music Playlist | Random Act of Kindness |
| Journal | Good Night Sleep | Set a Goal | Watch a Funny Movie | Healthy Diet |



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