

B	I	N	G	O
Think about a good memory	Call or text Mr.Marcus	Go for a walk	Take a hot shower	Play cards
Exercise	Tear paper	Reading	Call or text Ms. K	Shopping
Talk to a friend	Watch a funny movie	FREE	Clean up	Painting
Play Video Games	Talk to a family member	Play basketball	Listen to music	Reading
Have a good yell	Drawing	Ride a bike	Write it out (journal)	Go fishing

B	I	N	G	O
Watch a funny movie	Call or text Ms. K	Take a hot shower	Exercise	Reading
Go for a walk	Write it out (journal)	Play cards	Drawing	Shopping
Play Video Games	Clean up	FREE	Painting	Call or text Mr. Marcus
Listen to music	Ride a bike	Think about a good memory	Go fishing	Talk to a family member
Play basketball	Reading	Talk to a friend	Tear paper	Have a good yell

B	I	N	G	O
Drawing	Ride a bike	Call or text Ms. K	Reading	Clean up
Think about a good memory	Play Video Games	Play basketball	Tear paper	Play cards
Talk to a friend	Go fishing	FREE	Talk to a family member	Listen to music
Watch a funny movie	Shopping	Take a hot shower	Write it out (journal)	Go for a walk
Painting	Call or text Mr. Marcus	Reading	Exercise	Have a good yell