

B	I	N	G	O
Watch a movie or TV	Arts and Crafts	Eat your favorite foods	Take a nap	Make a gratitude list
Do a crossword or puzzle	Visit your family	Painting	Clean something	Read
Think about happy memories	Write a note to a loved one	Cooking	Go shopping	Deep breathing
Help a friend	Take a walk	Listen to music	Talk to a friend	Find a new hobby
Meditate or Pray	Exercise	Count to 10	Play a game	Garden

B	I	N	G	O
Arts and Crafts	Listen to music	Do a crossword or puzzle	Meditate or Pray	Watch a movie or TV
Count to 10	Write in a journal	Write a note to a loved one	Cooking	Take a nap
Painting	Eat your favorite foods	Clean something	Deep breathing	Go shopping
Help a friend	Garden	Find a new hobby	Read	Play a game
Visit your family	Talk to a friend	Think about happy memories	Make a gratitude list	Exercise

B	I	N	G	O
Count to 10	Play a game	Clean something	Meditate or Pray	Cooking
Visit your family	Watch a movie or TV	Go shopping	Listen to music	Think about happy memories
Talk to a friend	Do a crossword or puzzle	Find a new hobby	Write a note to a loved one	Drawing
Read	Take a nap	Write in a journal	Take a walk	Eat your favorite foods
Garden	Make a gratitude list	Deep breathing	Arts and Crafts	Painting