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

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

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B	I	N	G	O
Write a note to a loved one	Draw or paint	Take a nap	Take a walk	Think about happy memories
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Go shopping	Eat your favorite foods	Garden	Make a gratitude list	Deep breathing
Arts and Crafts	Watch a movie or TV	Visit your family	Meditate or Pray	Help a friend
Talk to a friend	Excerise	Count to 10	Play a game	Do a crossword or puzzle

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