

|                        |                             |                         |                  |            |
|------------------------|-----------------------------|-------------------------|------------------|------------|
| <b>B</b>               | <b>I</b>                    | <b>N</b>                | <b>G</b>         | <b>O</b>   |
| Video games            | Cooking                     | Going on outings/movies | Studying         | Screaming  |
| Driving                | Talking with friends/family | Smoking                 | Crying           | Stretching |
| Take a hot shower/bath | Watching television/movies  | <b>FREE</b>             | Dancing          | Nappin     |
| Reading a book         | Tabletop games              | Relaxing                | Meditation       | Singing    |
| Listen to music        | Drawing                     | Snacking                | Writing a letter | Exercising |

| B                          | I                | N                      | G                           | O               |
|----------------------------|------------------|------------------------|-----------------------------|-----------------|
| Watching television/movies | Crying           | Studying               | Driving                     | Smoking         |
| Going on outings/movies    | Writing a letter | Screaming              | Drawing                     | Stretching      |
| Reading a book             | Dancing          | <b>FREE</b>            | Nappin                      | Cooking         |
| Meditation                 | Snacking         | Video games            | Exercising                  | Tabletop games  |
| Relaxing                   | Singing          | Take a hot shower/bath | Talking with friends/family | Listen to music |

|                            |                |             |                             |                         |
|----------------------------|----------------|-------------|-----------------------------|-------------------------|
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| Drawing                    | Snacking       | Crying      | Singing                     | Dancing                 |
| Video games                | Reading a book | Relaxing    | Talking with friends/family | Screaming               |
| Take a hot shower/bath     | Exercising     | <b>FREE</b> | Tabletop games              | Meditation              |
| Watching television/movies | Stretching     | Studying    | Writing a letter            | Going on outings/movies |
| Nappin                     | Cooking        | Smoking     | Driving                     | Listen to music         |