

B	I	N	G	O
Try something new	"unplug" from electronics	Exercise	Take a shower/bath	Listen to music
Do something nice for someone else	Try Something new	Play with a pet	Arts and Crafts	Take a nap
Think about happy memories	Write in a journal	FREE	Dance	Hang out with friends
Have a healthy diet	Talk to a friend	Let yourself cry	Go outside	Meditate
Get enough sleep	Dance	Read a book	watch a movie	Drink lots of water

B	I	N	G	O
Write in a journal	Arts and Crafts	Take a shower/bath	Do something nice for someone else	Play with a pet
Excerise	watch a movie	Listen to music	Dance	Take a nap
Have a healthy diet	Dance	FREE	Hang out with friends	"unplug" from electronics
Go outside	Read a book	Try something new	Drink lots of water	Talk to a friend
Let yourself cry	Meditate	Think about happy memories	Try Something new	Get enough sleep

B	I	N	G	O
Dance	Read a book	Arts and Crafts	Meditate	Dance
Try something new	Have a healthy diet	Let yourself cry	Try Something new	Listen to music
Think about happy memories	Drink lots of water	FREE	Talk to a friend	Go outside
Write in a journal	Take a nap	Take a shower/bath	watch a movie	Excerise
Hang out with friends	"unplug" from electronics	Play with a pet	Do something nice for someone else	Get enough sleep