

B	I	N	G	O
Take a nap (only if you are tired).	Be with other people.	Go shopping.	Read a good book.	Play with a pet.
Do schoolwork.	Take a hot shower or relaxing bath.	Punch a punching bag.	Clean something.	Study the sky.
Watch a favorite TV show.	Cover yourself with Band-Aids where you want to cut.	FREE	Listen to music.	Paint your nails do your make-up or hair.
Sing.	Play a musical instrument.	Put on fake tattoos.	Knit or sew.	Post on web boards and answer others' posts.
Do a wordsearch or crossword.	Scribble/doodle on paper.	Exercise (running walking etc.).	Write (poetry stories journal).	Go see a movie.

B	I	N	G	O
Watch a favorite TV show.	Write (poetry stories journal).	Clean something.	Play a musical instrument.	Do schoolwork.
Read a good book.	Paint your nails do your make-up or hair.	Go shopping.	Post on web boards and answer others' posts.	Cover yourself with Band-Aids where you want to cut.
Listen to music.	Be with other people.	FREE	Knit or sew.	Put on fake tattoos.
Go see a movie.	Take a nap (only if you are tired).	Exercise (running walking etc.).	Sing.	Do a wordsearch or crossword.
Play with a pet.	Let yourself cry.	Study the sky.	Punch a punching bag.	Take a hot shower or relaxing bath.

B	I	N	G	O
Sing.	Knit or sew.	Watch a favorite TV show.	Go see a movie.	Read a good book.
Scribble/doodle on paper.	Study the sky.	Write (poetry stories journal).	Play a musical instrument.	Cover yourself with Band-Aids where you want to cut.
Put on fake tattoos.	Clean something.	FREE	Listen to music.	Go shopping.
Let yourself cry.	Play with a pet.	Do a wordsearch or crossword.	Be with other people.	Take a nap (only if you are tired).
Take a hot shower or relaxing bath.	Punch a punching bag.	Paint your nails do your make-up or hair.	Post on web boards and answer others' posts.	Exercise (running walking etc.).