

B	I	N	G	O
Shoot hoops kick a ball.	Alphabetize your CDs/DVDs/books.	Go for a nice long drive.	Play with a pet.	Listen to music.
Complete something you've been putting off.	Rip paper into itty-bitty pieces.	Meditate.	Bake cookies.	Plan your dream room (colors/furniture).
Read a good book.	Try some aromatherapy (candle lotion room spray).	FREE	Build a pillow fort.	Hug a pillow or stuffed animal.
Hyperfocus on something like a rock hand etc.	Play with modeling clay or Play-Dough.	Knit or sew.	Go somewhere very public.	Make hot chocolate milkshake or smoothie.
Go shopping.	Clean something.	Paint or draw.	Write a letter or send an email.	Dance.

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Go somewhere very public.	Paint or draw.	Shoot hoops kick a ball.	Dance.	Play with modeling clay or Play-Dough.
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