

B	I	N	G	O
Talk to someone close to you.	Build a pillow fort.	Feed the ducks birds or squirrels.	Read the Bible.	Make a list of blessings in your life.
Contact a hotline/ your therapist.	Take up a new hobby.	Play with modeling clay or Play-Dough.	Color with Crayons.	Stretch.
Watch an old happy movie.	Color-coordinate your wardrobe.	FREE	Jump on a trampoline.	Look at pretty things like flowers or art.
Search for ridiculous things on the internet.	Look up recipes cook a meal.	Pray.	Go for a nice long drive.	Memorize a poem play or song.
Complete something you've been putting off.	Ride a bicycle.	Create or build something.	"Shop" on-line (without buying anything).	Draw on yourself with a marker.

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