

B	I	N	G	O
pop bubble wrap	10 deep breaths	Go for a walk	Yoga	Sleep
Eat Healthy	paint	Talk to someone	Do something different	Watch a movie
get help	read	FREE	Do something kind	Play outside
Play sports	free space	Sing	Play a game	Stress Ball
Listen to music	Draw	Walk away	write a story	Exercise

B	I	N	G	O
read	Do something different	Yoga	Eat Healthy	Talk to someone
Go for a walk	write a story	Sleep	Draw	Watch a movie
Play sports	Do something kind	FREE	Play outside	10 deep breaths
Play a game	Walk away	pop bubble wrap	Exercise	free space
Sing	Stress Ball	get help	paint	Listen to music

B	I	N	G	O
Draw	Walk away	Do something different	Stress Ball	Do something kind
pop bubble wrap	Play sports	Sing	paint	Sleep
get help	Exercise	FREE	free space	Play a game
read	Watch a movie	Yoga	write a story	Go for a walk
Play outside	10 deep breaths	Talk to someone	Eat Healthy	Listen to music