

B	I	N	G	O
Take a nap (only if you are tired).	Bake cookies.	Alphabetize your CDs/DVDs/books.	Go somewhere very public.	Punch a punching bag.
Make a list of blessings in your life.	Dance.	Study the sky.	Plan your dream room (colors/furniture).	Build a pillow fort.
Pray.	Shoot hoops kick a ball.	FREE	Take up a new hobby.	Complete something you've been putting off.
Paint or draw.	Let yourself cry.	Listen to music.	Read the Bible.	Look up recipes cook a meal.
Play with modeling clay or Play-Doh.	Rip paper into itty-bitty pieces.	Hyperfocus on something like a rock hand etc.	Hug a pillow or stuffed animal.	Make hot chocolate a milkshake or a smoothie.

B	I	N	G	O
Listen to music.	Go to a friend's house.	Complete something you've been putting off.	Cover yourself with Band-Aids where you want to cut.	Paint or draw.
Make a list of blessings in your life.	Look up recipes cook a meal.	Clean something.	Sing.	Punch a punching bag.
Knit or sew.	Study the sky.	FREE	Build a pillow fort.	Take up a new hobby.
Bake cookies.	Make hot chocolate a milkshake or a smoothie.	Let yourself cry.	Draw on yourself with a marker.	Play with a pet.
Read a good book.	Pray.	Plan your dream room (colors/furniture).	Read the Bible.	Create or build something.

B	I	N	G	O
Play with modeling clay or Play-Doh.	Make a list of blessings in your life.	Draw on yourself with a marker.	Meditate.	Bake cookies.
Knit or sew.	Alphabetize your CDs/DVDs/books.	Look up recipes cook a meal.	Dance.	Paint or draw.
Take a hot shower or relaxing bath.	Cover yourself with Band-Aids where you want to cut.	FREE	Write a letter or send an email.	Try some aromatherapy (candle lotion room spray).
Clean something.	Punch a punching bag.	Plan your dream room (colors/furniture).	Go shopping.	Take up a new hobby.
Build a pillow fort.	Take a nap (only if you are tired).	Create or build something.	Pray.	Listen to music.