

B	I	N	G	O
Time Manage	Do Relaxation Techniques	Do Exercises	Journal	Site Seeing
Play a Sport	Find a Hobby	Talk with Friends	Read inspirational passages	Do Yoga
Sing	Take 10 Deep Breaths	FREE	Use a Stress Ball	Draw
Music	Nature	Spend time with Pet	Play a Game	Set a Goal
Make a Music Playlist	Laugh	Random Act of Kindness	Enjoy Nature	Read a Book

B	I	N	G	O
Play a Sport	Play a Game	Do Yoga	Take a Walk	Drink Water
Site Seeing	Music	Draw	Nature	Talk with Friends
Use a Stress Ball	Do Relaxation Techniques	FREE	Read inspirational passages	Random Act of Kindness
Read a Book	Paint	Go Jogging	Journal	Ride a Bike
Sing	Spiritual	Enjoy Nature	Set a Goal	Find a Hobby

B	I	N	G	O
Set a Goal	Random Act of Kindness	Read a Book	Do Relaxation Techniques	Music
Do Exercises	Play a Game	Find a Hobby	Time Manage	Drink Water
Watch a Movie	Watch a Funny Movie	FREE	Go Jogging	Do Yoga
Site Seeing	Read inspirational passages	Healthy Diet	Use a Stress Ball	Play a Sport
Enjoy Nature	Sing	Nature	Journal	Draw