

B	I	N	G	O
Write a letter	Arts and crafts	Go outside	Take a nap	Pray or meditate
Draw	Use a stress ball	Sing	Call a friend	Stretch
Think about happy memories	Write in a journal	FREE	Dance	Look at old funny photos
Play a board game	Take a shower	Play with your pet	Listen to music	Read a book
Let yourself cry	Deep breathing	Squeeze stuffed animal	Write positive affirmations	Exercise

B	I	N	G	O
Write in a journal	Call a friend	Take a nap	Draw	Sing
Go outside	Write positive affirmations	Pray or meditate	Deep breathing	Stretch
Play a board game	Dance	FREE	Look at old funny photos	Arts and crafts
Listen to music	Squeeze stuffed animal	Write a letter	Exercise	Take a shower
Play with your pet	Read a book	Think about happy memories	Use a stress ball	Let yourself cry

B	I	N	G	O
Deep breathing	Squeeze stuffed animal	Call a friend	Read a book	Dance
Write a letter	Play a board game	Play with your pet	Use a stress ball	Pray or meditate
Think about happy memories	Exercise	FREE	Take a shower	Listen to music
Write in a journal	Stretch	Take a nap	Write positive affirmations	Go outside
Look at old funny photos	Arts and crafts	Sing	Draw	Let yourself cry