

B	I	N	G	O
Volunteer	Board Games	Bake a Cake	Forgive	Seek Professional Help
Listen to Music	Do Yoga	Use Aromatherapy	Paint your Nails	Call a Friend
Take a hot shower or Relaxing Bath	Watch Television	FREE	Card Games	Go for a walk
Think Positively	Got to the Park	Spirituality	Hug a Family Member	Play a Sport
Read a Good Book	Go for a Run	Give Someone a Compliment	Meditate	Get some sleep

B	I	N	G	O
Count backwards Starting from 20	Dance	Paint	Listen to Music	Humor
Card Games	Think Positively	Sing	Go for a walk	Got to the Gym
Use Aromatherapy	Call a Friend	FREE	Watch Television	Board Games
Paint your Nails	Seek Professional Help	Meditate	Got to the Park	Do a Crossword or Word search
Forgive	Play a Sport	Read a Good Book	Pet your Animal	Squeeze a Stress Ball

B	I	N	G	O
Count backwards Starting from 20	Deep Breathing	Play a Sport	Listen to Music	Do Yoga
Read a Good Book	Meditate	Board Games	Go for a walk	Bake a Cake
Humor	Paint	FREE	Volunteer	Dance
Write down your thoughts	Write a Letter	Do a Crossword or Word search	Card Games	Sing
Paint your Nails	Draw or Color	Watch Television	Call a Friend	Seek Professional Help