

B	I	N	G	O
Volunteer	Arts and Crafts	Find something that makes you laugh	Spend time with a pet	Play cards
Eat something healthy	Think about happy memories	Read	Cooking	Sewing
Take a walk	Watch a movie	FREE	Dance	Go outside
Eat a Treat	Listen to music	Spend time with friends or family	Meditation	Take a hot bath
Get a massage	Play or watch sports	Garden	Deep breathing	Reading

B	I	N	G	O
Watch a movie	Spend time with friends or family	Sewing	Reading	Take a hot bath
Dance	Eat a Treat	Play cards	Eat something healthy	Play or watch sports
Cooking	Go on a bike ride	FREE	Arts and Crafts	Meditation
Volunteer	Deep breathing	Write in a journal	Spend time with a pet	Read
Find something that makes you laugh	Go outside	Listen to music	Get a massage	Think about happy memories

B	I	N	G	O
Eat something healthy	Take a hot bath	Listen to music	Spend time with a pet	Arts and Crafts
Watch a movie	Sewing	Find something that makes you laugh	Eat a Treat	Play or watch sports
Go outside	Go on a bike ride	FREE	Dance	Cooking
Deep breathing	Take a walk	Play cards	Garden	Reading
Think about happy memories	Volunteer	Meditation	Get a massage	Exercise