

B	I	N	G	O
WATCH A FUNNY MOVIE	COOK	COMPLIMENT YOURSELF	HUG A FRIEND/FAMILY MEMBER	TALK TO A COUNSELOR
PLAY WITH AND ANIMAL	GO FOR A WALK	USE A STRESS BALL	SIT IN THE SUN	Clean
TAKE 10 DEEP BREATHES	THINK POSITIVELY	FREE	WRITE A POSITIVE LETTER TO YOURSELF	DANCE
Read	Let Yourself Cry	EXERCIS E	PAMPER YOURSELF	TALK TO A TEACHER
PLAY A GAME	SLEEP	TALK TO YOUR PARENTS	JOIN SCHOOL CLUBS	IDENTIFY FEELINGS

B	I	N	G	O
Play a Sport	PAMPER YOURSELF	Help Someone	EAT HEALTHY	EAT HEATHY
Play an Instrument	PLAY WITH AND ANIMAL	PLAY A GAME	Clean	THINK POSITIVELY
TALK TO A FRIEND	Let Yourself Cry	FREE	DANCE	VOLUNTEER YOUR TIME
WRITE A POSITIVE LETTER TO YOURSELF	USE A STRESS BALL	COOK	Read	TALK TO A COUNSELOR
GO FOR A WALK	HUG A FRIEND/FAMILY MEMBER	SLEEP	TAKE 10 DEEP BREATHES	SIT IN THE SUN

B	I	N	G	O
TALK TO A TEACHER	DANCE	EAT HEATHY	SLEEP	PLAY WITH AND ANIMAL
GO FOR A WALK	TAKE 10 DEEP BREATHES	Play an Instrument	COOK	Let Yourself Cry
COMPLIMENT YOURSELF	PLAY A GAME	FREE	WATCH A FUNNY MOVIE	EAT HEALTHY
YOGA	Watch a Funny Movie	TALK TO A COUNSELOR	Read	HANG OUT WITH FRIENDS
WRITE A POSITIVE LETTER TO YOURSELF	Clean	PAMPER YOURSELF	HUG A FRIEND/FAMILY MEMBER	IDENTIFY FEELINGS