

B	I	N	G	O
Use positive self-talk	Arts and Crafts	Go outside	Talk to a friend	Sew or crochet
Excerise	Use a stress ball	Stretch	Cooking	Take a time out
Try something new	Visit a loved one	I love me!	Dance	Play cards
Pray or meditate	Think about happy memories	Read	Listen to music	Start a hobby or project
Let yourself cry	Deep breathing	Take a shower	Write in a journal	Go for a walk

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Visit a loved one	Cooking	Talk to a friend	Excerise	Stretch
Go outside	Write in a journal	Sew or crochet	Deep breathing	Take a time out
Pray or meditate	Dance	I love me!	Play cards	Arts and Crafts
Listen to music	Take a shower	Use positive self-talk	Go for a walk	Think about happy memories
Read	Start a hobby or project	Try something new	Use a stress ball	Let yourself cry

B	I	N	G	O
Deep breathing	Take a shower	Cooking	Start a hobby or project	Dance
Use positive self-talk	Pray or meditate	Read	Use a stress ball	Sew or crochet
Try something new	Go for a walk	I love me!	Think about happy memories	Listen to music
Visit a loved one	Take a time out	Talk to a friend	Write in a journal	Go outside
Play cards	Arts and Crafts	Stretch	Exercise	Let yourself cry