

B	I	N	G	O
Talk to a Friend	Cry	Listen to Music	Surf	Punch a Pillow
Go to the Beach	Talk to a Counselor	Scream/Yell	Dance	Squeeze a Stress Ball
Take a Shower	Watch TV	FREE	Deep Breathing	Paint your Nails
Play a Game	Swim	Play an Instrument	Paint	Read
Meditate/Pray	Go for a Walk	Sing	Write in Journal	Hike

B	I	N	G	O
Watch TV	Dance	Surf	Go to the Beach	Scream/Yell
Listen to Music	Write in Journal	Punch a Pillow	Go for a Walk	Squeeze a Stress Ball
Play a Game	Deep Breathing	FREE	Paint your Nails	Cry
Paint	Sing	Talk to a Friend	Hike	Swim
Play an Instrument	Read	Take a Shower	Talk to a Counselor	Meditate/Pray

B	I	N	G	O
Go for a Walk	Sing	Dance	Read	Deep Breathing
Talk to a Friend	Play a Game	Play an Instrument	Talk to a Counselor	Punch a Pillow
Take a Shower	Hike	FREE	Swim	Paint
Watch TV	Squeeze a Stress Ball	Surf	Write in Journal	Listen to Music
Paint your Nails	Cry	Scream/Yell	Go to the Beach	Meditate/Pray