

B	I	N	G	O
Think about happy memories	Arts and Crafts	Go fishing	Start a hobby	Play with a pet
Deep breathing	Talk to a friend	Pray or meditate	Clean your house	Smile
Take a shower	Work in the yard	FREE	Cooking	Let yourself cry
Listen to music	Take a nap	Play cards	Help someone	Play with kids
Go outside	Dance	Read a book	Write a journal	Exercise

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Work in the yard	Clean your house	Start a hobby	Deep breathing	Pray or meditate
Go fishing	Write a journal	Play with a pet	Dance	Smile
Listen to music	Cooking	FREE	Let yourself cry	Arts and Crafts
Help someone	Read a book	Think about happy memories	Exercise	Take a nap
Play cards	Play with kids	Take a shower	Talk to a friend	Go outside

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Dance	Read a book	Clean your house	Play with kids	Cooking
Think about happy memories	Listen to music	Play cards	Talk to a friend	Play with a pet
Take a shower	Exercise	FREE	Take a nap	Help someone
Work in the yard	Smile	Start a hobby	Write a journal	Go fishing
Let yourself cry	Arts and Crafts	Pray or meditate	Deep breathing	Go outside