B	I	N	G	O
Tend to your plants	Communication	Deep breathing	Share your passion with others	Get up and move 10000 steps is an active person.
Count to 10	Talk with someone	Listen to your favorite music	Compromise	Relax
Stick to a routine	Try something new	FREE SPACE!	Cool down	Drink water stay hydrated
Eat Healthy	Spring Clean	Exercise	Draw/Doodle	Journal
Do a craft	Counseling	Read	Turn off the tv	Cross something off "To Do" list

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B	I	N	G	O
Try something new	Compromise	Share your passion with others	Count to 10	Listen to your favorite music
Deep breathing	Turn off the tv	Get up and move 10000 steps is an active person.	Counseling	Relax
Eat Healthy	Cool down	FREE SPACE!	Drink water stay hydrated	Communication
Draw/Doodle	Read	Tend to your plants	Cross something off "To Do" list	Spring Clean
Exercise	Journal	Stick to a routine	Talk with someone	Do a craft

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B	I	N	G	O
Counseling	Read	Compromise	Journal	Cool down
Tend to your plants	Eat Healthy	Exercise	Talk with someone	Get up and move 10000 steps is an active person.
Stick to a routine	Cross something off "To Do" list	FREE SPACE!	Spring Clean	Draw/Doodle
Try something new	Relax	Share your passion with others	Turn off the tv	Deep breathing
Drink water stay hydrated	Communication	Listen to your favorite music	Count to 10	Do a craft

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