

B	I	N	G	O
WRITE A LETTER TO A FRIEND	COLOR	GO OUTSIDE	TAKE A WALK	PLAY CARDS
DO A PUZZLE	WATCH A MOVIE	SAY A POSITIVE THOUGHT	COOK	TAKE A RELAXING SHOWER OR BATH
THINK OF LOVED ONES	WRITE DOWN 3 HAPPY MEMORIES	FREE	CUDDLE WITH PET	LOOK THROUGH PHOTOS OF LOVED ONES
ORGANIZE YOUR ROOM	TALK TO A FRIEND	PAINT	LET YOURSELF CRY FOR 10 MINUTES	READ A BOOK
HELP A FRIEND	DEEP BREATHE	STRETCH	WRITE IN JOURNAL	EXERCIS E

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GO OUTSIDE	WRITE IN JOURNAL	PLAY CARDS	DEEP BREATHE	TAKE A RELAXING SHOWER OR BATH
ORGANIZE YOUR ROOM	CUDDLE WITH PET	FREE	LOOK THROUGH PHOTOS OF LOVED ONES	COLOR
LET YOURSELF CRY FOR 10 MINUTES	STRETCH	WRITE A LETTER TO A FRIEND	EXERCIS E	TALK TO A FRIEND
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