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	EXERCISE

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B	I	N	G	O
WRITE DOWN 3 HAPPY MEMORIES	COOK	TAKE A WALK	DO A PUZZLE	SAY A POSITIVE THOUGHT
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	EXERCISE	TALK TO A FRIEND
PAINT	READ A BOOK	THINK OF LOVED ONES	WATCH A MOVIE	HELP A FRIEND

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

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