

B	I	N	G	O
Think about loved ones	Biking	Arts and Crafts	Help a friend	Sit outside
Play a game	Drawing	Talk to your therapist	Read	Talk to a friend
Cooking/ Baking	Listen to music	FREE	Deep breathing/ Meditating	Make a gratitude list
Take a walk	Painting	Sew/ Knit/ Crocheting	Take photographs	Identify your emotions
Hiking	Play an instrument	Dance	Positive Self-Talk	Clean/ organize

B	I	N	G	O
Talk to a friend	Dance	Take a bath/ hot shower	Listen to music	Cooking/ Baking
Make a gratitude list	Talk to your therapist	Biking	Think about loved ones	Read
Sit outside	Play an instrument	FREE	Clean/ organize	Positive Self-Talk
Drawing	Help a friend	Rearrange a room	Visit your family	Take a walk
Deep breathing/ Meditating	Sew/ Knit/ Crocheting	Arts and Crafts	Play a game	Think about happy memories

B	I	N	G	O
Dance	Watch TV/ movies	Visit your family	Drawing	Clean/ organize
Take a bath/ hot shower	Read	Exercise/ Yoga	Biking	Think about loved ones
Play a game	Deep breathing/ Meditating	FREE	Sit outside	Make a gratitude list
Help a friend	Positive Self-Talk	Listen to music	Hiking	Sew/ Knit/ Crocheting
Think about happy memories	Eat a healthy snack	Take a walk	Painting	Arts and Crafts