

B	I	N	G	O
Use a stress ball	Bake cookies	Go to bed before 1am	Take 10 deep breaths	Practice a sport
Drink a glass of water	Text your best friend	Read a book	Do something to help around the house	Sing a song you love
Take a walk	Watch a funny movie	FREE	Do yoga or exercise	Make a playlist that fits your mood today
Make a schedule for tomorrow	Take a virtual tour of somewhere you've never been	Play a game with friends/family	Listen to your favorite music	Re-watch your favorite movie
Journal for 10 minutes	Draw or paint	Set a goal for this week	Watch something funny on YouTube	Facetime someone you miss

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