B	I	N	G	O
Use positive self-talk	Arts and Crafts	Listen to music	Take a time out	Punch a punching bag
Go outside	Use a stress ball	Start a hobby or project	Cooking	Try something new
Watched your favorite movie.tv show	Dance	**FREE**	Sew or crochet	Play with a pet
Exercise	Played a sport	Talk to a friend	Pray or meditate	Take a shower
Think about happy memories	Play cards	Mediation	Read	Deep breathing

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B	I	N	G	O
Sew or crochet	Punch a punching bag	Dance	Try something new	Deep breathing
Talk to a friend	Play with a pet	Played a sport	Use a stress ball	Cooking
Watched your favorite movie.tv show	Take a time out	**FREE**	Read	Go outside
Listen to music	Start a hobby or project	Think about happy memories	Exercise	Take a shower
Arts and Crafts	Use positive self-talk	Write in a journal	Let yourself cry	Mediation

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B	I	N	G	O
Sew or crochet	Go outside	Take a shower	Let yourself cry	Cooking
Arts and Crafts	Write in a journal	Listen to music	Watched your favorite movie.tv show	Exercise
Use a stress ball	Think about happy memories	**FREE**	Pray or meditate	Take a time out
Deep breathing	Read	Played a sport	Play with a pet	Dance
Try something new	Punch a punching bag	Mediation	Start a hobby or project	Use positive self-talk

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