

B	I	N	G	O
Talk to an Adult	Bounce a Ball	Go Outside	Read a Book	Name All the Pokémon
Draw	Talk to a Friend	Pet a Dog or Cat	Color	Take a 5 Minute Break
Work in the Garden	Count to 50	Listen to Music	Meditation	Swing
Muscle Relaxation	Play Cards	Go to a Quiet Place	Paint	Deep Breathing
Stretch	Drink Cold Water	Write a Letter	Exercise	Guided Imagery

B	I	N	G	O
Work in the Garden	Count to 50	Take a 5 Minute Break	Color	Deep Breathing
Exercise	Swing	Listen to Music	Name All the Pokémon	Play Cards
Draw	Go Outside	Pet a Dog or Cat	Paint	Talk to an Adult
Muscle Relaxation	Drink Cold Water	Talk to a Friend	Go to a Quiet Place	Read a Book
Stretch	Write a Letter	Guided Imagery	Bounce a Ball	Meditation

B	I	N	G	O
Swing	Paint	Drink Cold Water	Exercise	Go to a Quiet Place
Deep Breathing	Guided Imagery	Draw	Listen to Music	Talk to an Adult
Muscle Relaxation	Stretch	Pet a Dog or Cat	Count to 50	Talk to a Friend
Work in the Garden	Play Cards	Write a Letter	Color	Bounce a Ball
Meditation	Take a 5 Minute Break	Read a Book	Go Outside	Name All the Pokémon