

B	I	N	G	O
Use Positive Self Talk	Aromatherapy	Do a Puzzle	Read a Book	Kick Bounce Throw a Ball
Crochet	Think About a Happy Memory	Origami Project	Check In With Someone	Take a Break
Word Search or Crossword Puzzle	Clean Declutter Organize	FREE	Eat a Healthy Snack	Exercise or Stretch
Squeeze Stress Ball	Go Outside	Play a Game	Draw or Color a Picture	Listen to Music
Count to 10 Slowly	Shower	Dance	Write in Journal	Deep Breathing

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Word Search or Crossword Puzzle	Write in Journal	Check In With Someone	Go Outside	Crochet
Read a Book	Exercise or Stretch	Do a Puzzle	Listen to Music	Clean Declutter Organize
Eat a Healthy Snack	Aromatherapy	FREE	Draw or Color a Picture	Play a Game
Deep Breathing	Use Positive Self Talk	Dance	Squeeze Stress Ball	Count to 10 Slowly
Kick Bounce Throw a Ball	Drink Water	Take a Break	Origami Project	Think About a Happy Memory

B	I	N	G	O
Squeeze Stress Ball	Draw or Color a Picture	Word Search or Crossword Puzzle	Deep Breathing	Read a Book
Shower	Take a Break	Write in Journal	Go Outside	Clean Declutter Organize
Play a Game	Check In With Someone	FREE	Eat a Healthy Snack	Do a Puzzle
Drink Water	Kick Bounce Throw a Ball	Count to 10 Slowly	Aromatherapy	Use Positive Self Talk
Think About a Happy Memory	Origami Project	Exercise or Stretch	Listen to Music	Dance