

B	I	N	G	O
Watch Sunrise/Sunset	Accept Yourself	Focus on Breathing	Take a Shower	Read/Write Poetry
Eat Dessert	Try Something New	Sleep	Color a Picture	Take a Nap
Think about Happy Memories	Watch a Movie	FREE	Dance	Laugh
Listen to Music	Talk to a Friend	Read a Book	Go Outside	Say Yes to Yourself
Garden	Drink Lots of Water	Stretch	Write in a Journal	Exercise

B	I	N	G	O
Watch a Movie	Color a Picture	Take a Shower	Eat Dessert	Sleep
Focus on Breathing	Write in a Journal	Read/Write Poetry	Drink Lots of Water	Take a Nap
Listen to Music	Dance	FREE	Laugh	Accept Yourself
Go Outside	Stretch	Watch Sunrise/Sunset	Exercise	Talk to a Friend
Read a Book	Say Yes to Yourself	Think about Happy Memories	Try Something New	Garden

B	I	N	G	O
Drink Lots of Water	Stretch	Color a Picture	Say Yes to Yourself	Dance
Watch Sunrise/Sunset	Listen to Music	Read a Book	Try Something New	Read/Write Poetry
Think about Happy Memories	Exercise	FREE	Talk to a Friend	Go Outside
Watch a Movie	Take a Nap	Take a Shower	Write in a Journal	Focus on Breathing
Laugh	Accept Yourself	Sleep	Eat Dessert	Garden