

B	I	N	G	O
Turn off electronics	Climb a tree	Go on a hike	Practice gratitude	Let out a sign
Engage in small acts of kindness	Take a bike ride	Listen to guided relaxation	Do a crossword puzzle	Play a board game
Stretch	Watch the clouds	FREE	Drink a warm cup of tea	Jump on a trampoline
Learn something new	Sit in nature	Let go of something	Go to a park	Light a candle
Go to a farmer's market	East a meal in silence	Make a collage or scrapbook	Write a letter	Give thanks

B	I	N	G	O
Watch the clouds	Do a crossword puzzle	Practice gratitude	Engage in small acts of kindness	Listen to guided relaxation
Go on a hike	Write a letter	Let out a sign	East a meal in silence	Play a board game
Learn something new	Drink a warm cup of tea	FREE	Jump on a trampoline	Climb a tree
Go to a park	Make a collage or scrapbook	Turn off electronics	Give thanks	Sit in nature
Let go of something	Light a candle	Stretch	Take a bike ride	Go to a farmer's market

B	I	N	G	O
East a meal in silence	Make a collage or scrapbook	Do a crossword puzzle	Light a candle	Drink a warm cup of tea
Turn off electronics	Learn something new	Let go of something	Take a bike ride	Let out a sign
Stretch	Give thanks	FREE	Sit in nature	Go to a park
Watch the clouds	Play a board game	Practice gratitude	Write a letter	Go on a hike
Jump on a trampoline	Climb a tree	Listen to guided relaxation	Engage in small acts of kindness	Go to a farmer's market