

B	I	N	G	O
Think about happy memories	Ask for help	Dance	Punch a punching bag	Make slime
Count backwards from 100	Talk to family	Play a sport	Bake	Practice self-care
Take or look at photographs	Use aromatherapy	FREE	Blow bubbles	Get a hug
Get plenty of sleep	Skateboard	Go fishing	Exercise	Organize something
Eat healthy	Build something	Play with pets	Watch TV	Create origami

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Exercise	Play with pets	Think about happy memories	Create origami	Skateboard
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Use aromatherapy	Practice self-care	Punch a punching bag	Watch TV	Dance
Get a hug	Ask for help	Play a sport	Count backwards from 100	Eat healthy