

B	I	N	G	O
Watch a funny cat video	Arts and crafts	Drawing	Take a bike ride	Meditate
Color	Turn off electronics	Play a sport	Bake	Stretch
Take space	Watch a movie	FREE	Blow up a balloon	Go to the park
Listen to guided relaxation	Take or look at photographs	Make a list	Get plenty of sleep	Play a board game
Get a hug	Build something	Read	Write a story	Count to 10

B	I	N	G	O
Watch a movie	Bake	Take a bike ride	Color	Play a sport
Drawing	Write a story	Meditate	Build something	Stretch
Listen to guided relaxation	Blow up a balloon	FREE	Go to the park	Arts and crafts
Get plenty of sleep	Read	Watch a funny cat video	Count to 10	Take or look at photographs
Make a list	Play a board game	Take space	Turn off electronics	Get a hug

B	I	N	G	O
Build something	Read	Bake	Play a board game	Blow up a balloon
Watch a funny cat video	Listen to guided relaxation	Make a list	Turn off electronics	Meditate
Take space	Count to 10	FREE	Take or look at photographs	Get plenty of sleep
Watch a movie	Stretch	Take a bike ride	Write a story	Drawing
Go to the park	Arts and crafts	Play a sport	Color	Get a hug