

B	I	N	G	O
Shake a glitter jar	Build something	Forgive	Practice mindfulness	Listen to music
Engage in small acts of kindness	Say affirmations	Organize	Climb a tree	Play solitaire
Run	Watch the clouds	FREE	Cook	Go on a hike
Leisure activities	Push a wall	Let out sigh	Give thanks	Muscle relaxation
Garden	Drink a warm cup of tea	Painting	Yoga	Find something beautiful

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Forgive	Yoga	Listen to music	Drink a warm cup of tea	Play solitaire
Leisure activities	Cook	FREE	Go on a hike	Build something
Give thanks	Painting	Shake a glitter jar	Find something beautiful	Push a wall
Let out sigh	Muscle relaxation	Run	Say affirmations	Garden

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Go on a hike	Build something	Organize	Engage in small acts of kindness	Garden