

B	I	N	G	O
try something new	arts and crafts	have a snack	take a time out	pray or meditate
go outside	think about happy memories	read	dance	start a hobby
talk to a therapist	use a stress ball	FREE	deep breathing	play cards
play cards	talk to a friend	play with a pet	muscle relaxation	punch a punching bag or pillow
let yourself cry	exercise	sew or crochet	use positive self-talk	go outside

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use a stress ball	dance	take a time out	go outside	read
have a snack	use positive self-talk	pray or meditate	exercise	start a hobby
play cards	deep breathing	FREE	play cards	arts and crafts
muscle relaxation	sew or crochet	try something new	go outside	talk to a friend
play with a pet	punch a punching bag or pillow	talk to a therapist	think about happy memories	let yourself cry

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exercise	sew or crochet	dance	punch a punching bag or pillow	deep breathing
try something new	play cards	play with a pet	think about happy memories	pray or meditate
talk to a therapist	go outside	FREE	talk to a friend	muscle relaxation
use a stress ball	start a hobby	take a time out	use positive self-talk	have a snack
play cards	arts and crafts	read	go outside	let yourself cry