

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

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

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