

B	I	N	G	O
SQUEEZING SOMETHING TIGHTLY	CALLING A FRIEND	GO OUTSIDE	RELAXING BATH	LAUGHING OUT LOUD
DRINKING WATER	SELF CARE	MEDIATION	CREATING ART	READ FAVOURITE BOOK
SCREAMING INTO THE VOID	TEXTING A FRIEND	FREE	DANCE PARTY	GROUNDING EXCERISES
HAVING GOOD COMPANY OVER	SAYING NO	HAVING YOUR FAVOURITE FOOD	GOING FOR A WALK	LISTENING TO YOUR FAVOURITE SONG
GOING FOR A BIKE RIDE	DECOMPRESSION TIME	PLAYING WITH A PET	WATCHING A FUNNY VIDEO	EXCERISING

B	I	N	G	O
TEXTING A FRIEND	CREATING ART	RELAXING BATH	DRINKING WATER	MEDIATION
GO OUTSIDE	WATCHING A FUNNY VIDEO	LAUGHING OUT LOUD	DECOMPRESSION TIME	READ FAVOURITE BOOK
HAVING GOOD COMPANY OVER	DANCE PARTY	FREE	GROUNDING EXCERISES	CALLING A FRIEND
GOING FOR A WALK	PLAYING WITH A PET	SQUEEZING SOMETHING TIGHTLY	EXCERISING	SAYING NO
HAVING YOUR FAVOURITE FOOD	LISTENING TO YOUR FAVOURITE SONG	SCREAMING INTO THE VOID	SELF CARE	GOING FOR A BIKE RIDE

B	I	N	G	O
DECOMPRESSION TIME	PLAYING WITH A PET	CREATING ART	LISTENING TO YOUR FAVOURITE SONG	DANCE PARTY
SQUEEZING SOMETHING TIGHTLY	HAVING GOOD COMPANY OVER	HAVING YOUR FAVOURITE FOOD	SELF CARE	LAUGHING OUT LOUD
SCREAMING INTO THE VOID	EXCERISING	FREE	SAYING NO	GOING FOR A WALK
TEXTING A FRIEND	READ FAVOURITE BOOK	RELAXING BATH	WATCHING A FUNNY VIDEO	GO OUTSIDE
GROUNDING EXCERISES	CALLING A FRIEND	MEDIATION	DRINKING WATER	GOING FOR A BIKE RIDE