

B	I	N	G	O
Watch a funny movie	Baking	Go on a run	Spending time with family	Play cards
Deep breathing	Think about happy memories	Reach out to an old friend	Cleaning	Self-care
Talk to a friend	Watch the sunset/sunrise	FREE	Coloring in a coloring book	Journaling
Listening to music	Talk to a friend	Naming Animals	Going on a walk	Playing with my dog
Go outside	Dancing	Reading	Watching TV	Exercising

B	I	N	G	O
Watch the sunset/sunrise	Cleaning	Spending time with family	Deep breathing	Reach out to an old friend
Go on a run	Watching TV	Play cards	Dancing	Self-care
Listening to music	Coloring in a coloring book	FREE	Journaling	Baking
Going on a walk	Reading	Watch a funny movie	Exercising	Talk to a friend
Naming Animals	Playing with my dog	Talk to a friend	Think about happy memories	Go outside

B	I	N	G	O
Dancing	Reading	Cleaning	Playing with my dog	Coloring in a coloring book
Watch a funny movie	Listening to music	Naming Animals	Think about happy memories	Play cards
Talk to a friend	Exercising	FREE	Talk to a friend	Going on a walk
Watch the sunset/sunrise	Self-care	Spending time with family	Watching TV	Go on a run
Journaling	Baking	Reach out to an old friend	Deep breathing	Go outside