Activity 2: Bingo Card

Watch a movie	Build something	Breathe	Laugh	Send a card
Play basketball	Give a gift	Use a stress ball	Read	Cook
Say something nice	Take a bath	**FREE**	Dance	Pray/think about life
Paint	Garden	Phone a friend	Sing	Play a video game
Savour something delicious	Spend time in nature	Listen to music	Lift weights	Play soccer

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Activity 2: Bingo Card

Phone a friend	Learn a new language	Dance	Experience joy	Positive self-talk
Play basketball	Play an instrument	Cry	Take a bath	Draw
Send a card	Paint	**FREE**	Use a stress ball	Cook
Word puzzles	Talk to a therapist	Pray/think about life	Play soccer	Play a board game
Give a gift	Laugh	Run	Share a meal	Say something nice

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Activity 2: Bingo Card

Read	Sing	Dance	Experience joy	Run
Play basketball	Give a gift	Savour something delicious	Play soccer	Positive self-talk
Build something	Paint	**FREE**	Breathe	Play an instrument
Walk	Draw	Yoga	Write	Cry
Send a card	Pray/think about life	Journal	Word puzzles	Cook

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