

B	I	N	G	O
Use positive self-talk	Cook/bake something you love	Go outside	Take a time out	Play with a pet (or someone else's)
Engage in deep breathing	Use a stress toy	Read	Dance it out	Take a shower or bath
Think about happy memories	Write in a journal	FREE	Do an arts and crafts project	Make a gratitude list
Muscle relaxation exercise	Talk to a friend or family member	Play a game with a friend	Listen to comforting music	Pray or meditate
Let yourself cry	Do something kind for someone else	Stretch	Write or read a poem	Exercise

B	I	N	G	O
Write in a journal	Dance it out	Take a time out	Engage in deep breathing	Read
Go outside	Write or read a poem	Play with a pet (or someone else's)	Do something kind for someone else	Take a shower or bath
Muscle relaxation exercise	Do an arts and crafts project	FREE	Make a gratitude list	Cook/bake something you love
Listen to comforting music	Stretch	Use positive self-talk	Exercise	Talk to a friend or family member
Play a game with a friend	Pray or meditate	Think about happy memories	Use a stress toy	Let yourself cry

B	I	N	G	O
Do something kind for someone else	Stretch	Dance it out	Pray or meditate	Do an arts and crafts project
Use positive self-talk	Muscle relaxation exercise	Play a game with a friend	Use a stress toy	Play with a pet (or someone else's)
Think about happy memories	Exercise	FREE	Talk to a friend or family member	Listen to comforting music
Write in a journal	Take a shower or bath	Take a time out	Write or read a poem	Go outside
Make a gratitude list	Cook/bake something you love	Read	Engage in deep breathing	Let yourself cry