

B	I	N	G	O
Talk with Friends	Do Yoga	Journal	Sing	Play a Game
Good Night Sleep	Take a shower	Random Act of Kindness	Draw	Set a Goal
Take a Walk	Treat yourself	FREE	Drink Water	Muscle relaxation
Music	Take 10 Deep Breaths	Paint	Make a Music Playlist	Play a Sport
Laugh	Enjoy Nature	Read a Book	Use a Stress Ball	Healthy Diet

B	I	N	G	O
Treat yourself	Draw	Sing	Good Night Sleep	Random Act of Kindness
Journal	Use a Stress Ball	Play a Game	Enjoy Nature	Set a Goal
Music	Drink Water	FREE	Muscle relaxation	Do Yoga
Make a Music Playlist	Read a Book	Talk with Friends	Healthy Diet	Take 10 Deep Breaths
Paint	Play a Sport	Take a Walk	Take a shower	Laugh

B	I	N	G	O
Enjoy Nature	Read a Book	Draw	Play a Sport	Drink Water
Talk with Friends	Music	Paint	Take a shower	Play a Game
Take a Walk	Healthy Diet	FREE	Take 10 Deep Breaths	Make a Music Playlist
Treat yourself	Set a Goal	Sing	Use a Stress Ball	Journal
Muscle relaxation	Do Yoga	Random Act of Kindness	Good Night Sleep	Laugh