

B	I	N	G	O
ask for help and be willing to receive it	Dance	Get plenty of sleep	Take naps	Practice yoga
Find time to relax	Wear your favorite clothes	Socialize with peers	Do something creative	Take brain breaks
Wake up with a positive attitude	paint or draw	Self-Care	Do something you enjoy	Meditate
Play game night with friends and family	Think about your positive qualities	Practice self compassion	Listen to music	Relax in the sun
Have alone time	Exercise	Spend time with your family	socialize with friends and family	Forgive yourself

B	I	N	G	O
paint or draw	Do something creative	Take naps	Find time to relax	Socialize with peers
Get plenty of sleep	socialize with friends and family	Practice yoga	Exercise	Take brain breaks
Play game night with friends and family	Do something you enjoy	Self-Care	Meditate	Dance
Listen to music	Spend time with your family	ask for help and be willing to receive it	Forgive yourself	Think about your positive qualities
Practice self compassion	Relax in the sun	Wake up with a positive attitude	Wear your favorite clothes	Have alone time

B	I	N	G	O
Exercise	Spend time with your family	Do something creative	Relax in the sun	Do something you enjoy
ask for help and be willing to receive it	Play game night with friends and family	Practice self compassion	Wear your favorite clothes	Practice yoga
Wake up with a positive attitude	Forgive yourself	Self-Care	Think about your positive qualities	Listen to music
paint or draw	Take brain breaks	Take naps	socialize with friends and family	Get plenty of sleep
Meditate	Dance	Socialize with peers	Find time to relax	Have alone time