B	I	N	G	O
Watch TV	Arts and Crafts	Drawing	Talk to a friend	Painting
Dance	Walk away	Read a book	Cooking	Take a time out
Think about loved ones	Watch a movie	**FREE**	Count to 10	Go outside
Help a friend	Think about happy memories	Listen to music	Fun outings with friends	Play card games
Exercise	Create and watch Tik-Tok videos	Relax	Write in a journal	Deep breathing

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Watch a movie	Cooking	Talk to a friend	Dance	Read a book
Drawing	Write in a journal	Painting	Create and watch Tik-Tok videos	Take a time out
Help a friend	Count to 10	**FREE**	Go outside	Arts and Crafts
Fun outings with friends	Relax	Watch TV	Deep breathing	Think about happy memories
Listen to music	Play card games	Think about loved ones	Walk away	Exercise

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Create and watch Tik-Tok videos	Relax	Cooking	Play card games	Count to 10
Watch TV	Help a friend	Listen to music	Walk away	Painting
Think about loved ones	Deep breathing	**FREE**	Think about happy memories	Fun outings with friends
Watch a movie	Take a time out	Talk to a friend	Write in a journal	Drawing
Go outside	Arts and Crafts	Read a book	Dance	Exercise

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved