

B	I	N	G	O
Visit Friends	Ask for help	Eat healthy	Shower	Music
Doodle	Take medications	Play a game	Clean	Read a book
Take a Nap	Walk	FREE	Dance	Journal
Laugh	Sing	Meditate	Exercise	Pain
Enjoy Nature	Deep breath	Positive Thoughts	Yoga	Drink water

B	I	N	G	O
Walk	Clean	Shower	Doodle	Play a game
Eat healthy	Yoga	Music	Deep breath	Read a book
Laugh	Dance	FREE	Journal	Ask for help
Exercise	Positive Thoughts	Visit Friends	Drink water	Sing
Meditate	Pain	Take a Nap	Take medications	Enjoy Nature

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Journal	Ask for help	Play a game	Doodle	Enjoy Nature