

B	I	N	G	O
Watch Tik-Tok Videos	Arts and Crafts	Excerise	Take a walk	Read
Deep breathing	Watch TV	Squeeze a Stress Ball	Cooking	Take a time out
Think about happy memories	Watch a movie	FREE	Count to 20	Painting
Play a sport	Talk to a friend	Play cards	Listen to music	STOP-THINK-ACT
Go outside	Dance	Take a nap	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Cooking	Take a walk	Deep breathing	Squeeze a Stress Ball
Excerise	Write in a journal	Read	Dance	Take a time out
Play a sport	Count to 20	FREE	Painting	Arts and Crafts
Listen to music	Take a nap	Watch Tik-Tok Videos	Drawing	Talk to a friend
Play cards	STOP-THINK-ACT	Think about happy memories	Watch TV	Go outside

B	I	N	G	O
Dance	Take a nap	Cooking	STOP-THINK-ACT	Count to 20
Watch Tik-Tok Videos	Play a sport	Play cards	Watch TV	Read
Think about happy memories	Drawing	FREE	Talk to a friend	Listen to music
Watch a movie	Take a time out	Take a walk	Write in a journal	Excerise
Painting	Arts and Crafts	Squeeze a Stress Ball	Deep breathing	Go outside