

B	I	N	G	O
Went outside	Be positive	Ate a healthy snack	Flossed my teeth	Spent time with friends
Practiced a skill	Deep Breathing	Walked for 45 minutes	Read a book or magazine	Walked for 30 minutes
Called a friend	Listened to music	Created artwork	Meditated for 5 minutes	Use positive affirmations
Perform a random act of kindness	Slept for 7-9 hours	Used a coping skill	Laugh out loud once a day	Have lunch outside
Practiced gratitude	Chose water over soda	Practiced mindfulness	Brushed my teeth	Took a shower

B	I	N	G	O
Listened to music	Called a friend	Meditated for 5 minutes	Walked for 45 minutes	Be positive
Went outside	Read a book or magazine	Spent time with friends	Practiced gratitude	Brushed my teeth
Practiced mindfulness	Walked for 30 minutes	Deep Breathing	Flossed my teeth	Set a new goal
Write down three things you feel grateful for daily	Took a shower	Use positive affirmations	Created artwork	Slept for 7-9 hours
Ate a healthy snack	Practiced a skill	Watch a sunrise/sunset	Chose water over soda	Wrote in my journal

B	I	N	G	O
Write down three things you feel grateful for daily	Deep Breathing	Brushed my teeth	Took a shower	Read a book or magazine
Exercise a little each day	Wrote in my journal	Be positive	Went outside	Practiced a skill
Created artwork	Spent time with friends	Meditated for 5 minutes	Flossed my teeth	Practiced mindfulness
Listened to music	Have lunch outside	Slept for 7-9 hours	Watch a sunrise/sunset	Drank 8 cups of water
Use positive affirmations	Perform a random act of kindness	Ate a healthy snack	Chose water over soda	Practiced gratitude