

B	I	N	G	O
Write down three things you feel grateful for daily	Act of kindness	Chose water over soda	Stretched	Listen to the radio
Called a friend	Worked on a goal	Spent time with a friend	Ate a healthy snack	Went outside
Wrote a letter	Be positive	Drew a picture	Eat a vegetable	Watch a sunrise/sunset
Exercised	Spiritual practice	Colored	Relaxed	Brushed my teeth
Walked for 45 minutes	Called a friend	Wrote in my journal	Chair yoga	Drank water instead of coffee

B	I	N	G	O
Wrote a letter	Be positive	Went outside	Ate a healthy snack	Brushed my teeth
Chair yoga	Watch a sunrise/sunset	Drew a picture	Listen to the radio	Spiritual practice
Called a friend	Chose water over soda	Spent time with a friend	Relaxed	Write down three things you feel grateful for daily
Exercised	Called a friend	Worked on a goal	Colored	Stretched
Walked for 45 minutes	Wrote in my journal	Drank water instead of coffee	Act of kindness	Eat a vegetable

B	I	N	G	O
Watch a sunrise/sunset	Relaxed	Called a friend	Chair yoga	Colored
Brushed my teeth	Drank water instead of coffee	Called a friend	Drew a picture	Write down three things you feel grateful for daily
Exercised	Walked for 45 minutes	Spent time with a friend	Be positive	Worked on a goal
Wrote a letter	Spiritual practice	Wrote in my journal	Ate a healthy snack	Act of kindness
Eat a vegetable	Went outside	Stretched	Chose water over soda	Listen to the radio