

B	I	N	G	O
Visualize a Favorite Place	Ask for Help	Do a Puzzle	Set a Goal	Notice 5 Things I See
Crate a Gratitude List	Use Relaxation App	Paint Something	Call a Friend	Read Positive Affirmations
Take Pictures of Surroundings	Watch a Comedy	FREE	Clean Something	Listen to Nature
Make a List of My Strengths	Stretch My Body	Meditate	Give or Receive a Hug	Organize my Space
Drink Hot Tea or Cocoa	Cook or Bake	Practice Mindful Grounding	Write a Letter o future/past Self	Cuddle with a Pet

B	I	N	G	O
Watch a Comedy	Call a Friend	Set a Goal	Crate a Gratitude List	Paint Something
Do a Puzzle	Write a Letter o future/past Self	Notice 5 Things I See	Cook or Bake	Read Positive Affirmations
Make a List of My Strengths	Clean Something	FREE	Listen to Nature	Ask for Help
Give or Receive a Hug	Practice Mindful Grounding	Visualize a Favorite Place	Cuddle with a Pet	Stretch My Body
Meditate	Organize my Space	Take Pictures of Surroundings	Use Relaxation App	Drink Hot Tea or Cocoa

B	I	N	G	O
Cook or Bake	Practice Mindful Grounding	Call a Friend	Organize my Space	Clean Something
Visualize a Favorite Place	Make a List of My Strengths	Meditate	Use Relaxation App	Notice 5 Things I See
Take Pictures of Surroundings	Cuddle with a Pet	FREE	Stretch My Body	Give or Receive a Hug
Watch a Comedy	Read Positive Affirmations	Set a Goal	Write a Letter to future/past Self	Do a Puzzle
Listen to Nature	Ask for Help	Paint Something	Create a Gratitude List	Drink Hot Tea or Cocoa