

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 Affirmation
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

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