B	I	N	G	O
Visualize a Favorite Place	Ask for Help	Do a Puzzle	Set a Goal	Notice 5 Things I See
Create a Gratitude List	Use Relaxation Apps	Paint Something	Ask for Help	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 to future/past self	Cuddle with a Pet

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B	I	N	G	O
Watch a Comedy	Ask for Help	Set a Goal	Create a Gratitude List	Paint Something
Do a Puzzle	Write a letter to 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 Apps	Drink Hot Tea or Cocoa

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B	I	N	G	O
Cook or Bake	Practice Mindful Grounding	Ask for Help	Organize my Space	Clean Something
Visualize a Favorite Place	Make a List of My Strengths	Meditate	Use Relaxation Apps	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

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