

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

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

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