

B	I	N	G	O
Work on an art project	Cook something new	Have your favorite snack	Talk to a friend	Read a book
Get up and dance	Work on a puzzle	Stretch	Crochet or knit	Take a warm bath or shower
Watch a funny video	Write a letter	FREE	Deep Breathing	Listen to music
Meditation	Try yoga	Pamper Yourself	List 3 things to be grateful for	Ride a bike
Healthy Eating	Exercise	Take a nap	Write in Journal	Go for a walk

B	I	N	G	O
Write a letter	Crochet or knit	Talk to a friend	Get up and dance	Stretch
Have your favorite snack	Write in Journal	Read a book	Exercise	Take a warm bath or shower
Meditation	Deep Breathing	FREE	Listen to music	Cook something new
List 3 things to be grateful for	Take a nap	Work on an art project	Go for a walk	Try yoga
Pamper Yourself	Ride a bike	Watch a funny video	Work on a puzzle	Healthy Eating

B	I	N	G	O
Exercise	Take a nap	Crochet or knit	Ride a bike	Deep Breathing
Work on an art project	Meditation	Pamper Yourself	Work on a puzzle	Read a book
Watch a funny video	Go for a walk	FREE	Try yoga	List 3 things to be grateful for
Write a letter	Take a warm bath or shower	Talk to a friend	Write in Journal	Have your favorite snack
Listen to music	Cook something new	Stretch	Get up and dance	Healthy Eating