

B I N G O

Talk to a close friend or adult about your emotions	Make a list of things that help you calm down when are anxious	Identify 3 goals you would like to accomplish this week	Eat 3 healthy meals in one day	Create a schedule for the week
Help a caregiver clean a closet or space in your home	Write or draw what it means to be a good friend	Make an acrostic of your name with positive qualities you have	Practice 5 finger breathing: trace each finger slowly, inhale on the way up, exhale on the way down	Practice Grounding Exercise: Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
Write an Email or text to tell someone you appreciate them	Think of 3 places you have visited that make you feel happy	Free!	Participate in a physical activity (soccer, gardening, yoga, walking)	Participate in an activity you love (dance, sing, art, reading, etc.)
Follow a recipe and bake or cook something	Take 1 hour away from social media	Reach out to a friend and check in on them	Watch a funny show, movie or comedy skit	Make a tasty treat for a family member
Practice sitting still and focus on the sounds you hear	Make a list of 5 things you are grateful for	Drink at least 3 glasses of water per day	Take some time to stretch or do a Yoga video on YouTube	Take a long walk

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Make an acrostic of your name with positive qualities you have	Eat 3 healthy meals in one day	Free!	Watch a funny show, movie or comedy skit	Think of 3 places you have visited that make you feel happy
Participate in a physical activity (soccer, gardening, yoga, walking)	Write or draw what it means to be a good friend	Take a long walk	Practice sitting still and focus on the sounds you hear	Reach out to a friend and check in on them
Make a list of 5 things you are grateful for	Drink at least 3 glasses of water per day	Talk to a close friend or adult about your emotions	Write an Email or text to tell someone you appreciate them	Practice 5 finger breathing: trace each finger slowly, inhale on the way up, exhale on the way down

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Help a caregiver clean a closet or space in your home	Talk to a close friend or adult about your emotions	Free!	Participate in a physical activity (soccer, gardening, yoga, walking)	Make a tasty treat for a family member
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Practice Grounding Exercise: Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste	Make a list of 5 things you are grateful for	Take a long walk	Watch a funny show, movie or comedy skit	Write or draw what it means to be a good friend

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Think of 3 places you have visited that make you feel happy	Take some time to stretch or do a Yoga video on YouTube	Help a caregiver clean a closet or space in your home	Write an Email or text to tell someone you appreciate them	Eat 3 healthy meals in one day
Watch a funny show, movie or comedy skit	Make an acrostic of your name with positive qualities you have	Practice 5 finger breathing: trace each finger slowly, inhale on the way up, exhale on the way down	Reach out to a friend and check in on them	Identify 3 goals you would like to accomplish this week
Take a long walk	Practice sitting still and focus on the sounds you hear	Free!	Make a list of things that help you calm down when are anxious	Write or draw what it means to be a good friend
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Think of 3 places you have visited that make you feel happy	Practice 5 finger breathing: trace each finger slowly, inhale on the way up, exhale on the way down	Make a tasty treat for a family member	Watch a funny show, movie or comedy skit	Identify 3 goals you would like to accomplish this week

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Drink at least 3 glasses of water per day	Make an acrostic of your name with positive qualities you have	Participate in an activity you love (dance, sing, art, reading, etc.)	Watch a funny show, movie or comedy skit	Practice sitting still and focus on the sounds you hear
Take a long walk	Take some time to stretch or do a Yoga video on YouTube	Create a schedule for the week	Identify 3 goals you would like to accomplish this week	Make a tasty treat for a family member
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Use this randomly generated list as your call list when playing the game. There is no need to say the BINGO column name. Cross out each word as you announce it, to keep track. You can also cut out each item, place them in a bag and pull words from the bag.

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5. Identify 3 goals you would like to accomplish this week
6. Eat 3 healthy meals in one day
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10. Drink at least 3 glasses of water per day
11. Practice Grounding Exercise: Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
12. Make an acrostic of your name with positive qualities you have
13. Practice sitting still and focus on the sounds you hear
14. Make a list of things that help you calm down when are anxious
15. Talk to a close friend or adult about your emotions
16. Write or draw what it means to be a good friend
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21. Think of 3 places you have visited that make you feel happy
22. Write an Email or text to tell someone you appreciate them
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