

# Bingo Boost

Fun Ways to Feel Better and Boost Our Mood

Name: \_\_\_\_\_

Go outside and be in nature	Name 5 things you love about yourself	Think of your favorite place	Do a craft or a direction drawing	Take deep breaths
Tell jokes with a family member or friend	Listen to music	Focus on what you can control	Hug someone or a stuffed animal for 30 seconds	Take a walk
Read a book	Learn a new yoga pose or practice a favorite	<b>FREE</b> (Choose a favorite activity)	Go on a nature walk and notice 5 pieces of nature	Make a list of 5 things you're grateful for
Play a board game	Draw a picture or a cartoon	Choose a way to exercise	Share with someone 5 things you love about them	Watch a movie with a fuzzy blanket and snack
Write a letter or note to someone you miss	Have a dance party	Do a puzzle	Write down 3 reasons why you're strong	Stretch in 5 different poses for 10 seconds each