

C	O	P	E	!
Pet your cat or dog	Stretch	Call a friend	Write a letter	Watch a fish
Take a hot shower or relaxing bath	Rip paper into pieces	Paint your nails	Clean	Sing
Do a puzzle	Cover yourself with band-aids where you want to cut	FREE	Yoga	Bake
Write positive affirmations	Go for a drive	Meditate	Write a list of compliments about someone	Write yourself "I love you because" letter
Sort photographs	Cook a meal	Let yourself cry	Punch a punching bag	Draw

This bingo card was created randomly from a total of 24 events.

Bake, Call a friend, Clean, Cook a meal, Cover yourself with band-aids where you want to cut, Do a puzzle, Draw, Go for a drive, Let yourself cry, Meditate, Paint your nails, Pet your cat or dog, Punch a punching bag, Rip paper into pieces, Sing, Sort photographs, Stretch, Take a hot shower or relaxing bath, Watch a fish, Write a letter, Write a list of compliments about someone, Write positive affirmations, Write yourself "I love you because" letter, Yoga.