

# Mood Boost Bingo

**B I N G O**

Drink 8 Glasses of Water	Read an Uplifting Book	Use a Stress Ball	Remember a Happy Memory	Say an Affirmation
Go for a 10 Minute Walk	Do a Quick Stretch	Say Something Kind to yourself	Get Some Sunshine	Set a New Goal
Do a short guided Meditation on Headspace	Reflect on One Positive Thing from Your Day	 FREE SPACE	Rest	Draw or color a Picture
Have a Healthy Snack	Compliment Someone	Watch a Sunset or Sunrise	Take 10 Deep Breaths	Listen to one New Song
Find Something Beautiful	Declutter a Space	Make a Playlist of Your Favorite Songs	Laugh	Unplug for 30 Minutes