

# Energizing Strategies Bingo

Splash  
cold water  
on your  
face

Listen to  
fun music

Feel your  
feelings

Go outside

Call a  
friend

Rest

Start with  
your  
priorities

Create

Free write  
for 10  
minutes

Yell

Sing

Repeat a  
mantra

FREE  
SPACE

Set a small  
goal

Drink water

See if your  
body  
needs  
anything

Take a nap

Watch  
something  
hilarious

Dance

Get  
grounded

Get  
passionate  
about  
something

Find an  
accountability  
buddy

Be realistic

Be gentle  
with  
yourself

Exercise