**MY DOPAMINE BINGO CARD**

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| Spend one hour crafting | Go for a walk until I find… (e.g., blossom, water, a cat, etc. Could make it seasonal!) | Set a 30-minute timer and see how much I can clean/tidy |
| Call a friend | Put my favourite song/playlist/music on (and dance around the kitchen??) | Write down / say out loud three things I am grateful for today |
| Hydrate! Whether this is a treat drink or water | Spend 45 minutes reading/listening to a book | Look at photos that make me happy |