

B	I	N	G	O
Watch a movie	Arts and Crafts	Drawing	Stress Ball	Listen to music
Count to 10	Visit your family	Painting	Breathing	Read
Talk to a friend	Write in a journal	FREE	Cooking	Go outside
Hands in Pockets	Take a walk	Lay on the ground	Five things you can See	Meditate
Exercise	Count by 5s	Play cards	Yoga	Describe an Object

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Write in a journal	Breathing	Stress Ball	Count to 10	Painting
Drawing	Yoga	Listen to music	Count by 5s	Read
Hands in Pockets	Cooking	FREE	Go outside	Arts and Crafts
Five things you can See	Play cards	Watch a movie	Describe an Object	Take a walk
Lay on the ground	Meditate	Talk to a friend	Visit your family	Exercise

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Count by 5s	Play cards	Breathing	Meditate	Cooking
Watch a movie	Hands in Pockets	Lay on the ground	Visit your family	Listen to music
Talk to a friend	Describe an Object	FREE	Take a walk	Five things you can See
Write in a journal	Read	Stress Ball	Yoga	Drawing
Go outside	Arts and Crafts	Painting	Count to 10	Exercise