

B	I	N	G	O
Watch TV	Clean	Arts and Crafts	Go outside	Take a walk
Read	Deep breathing	Think about loved ones	Sing	Drawing
Take a time out	Think about happy memories	FREE	Count to 10	Sew
Organize	Painting	Talk to a friend	Pray	Take a nap
Talk to staff	Look at pictures	Listen to music	Read the Bible	Help a friend

B	I	N	G	O
Count to 10	Dance	Sew	Read	Pray
Cooking	Think about happy memories	Take a walk	Organize	Painting
Think about loved ones	Clean	FREE	Watch TV	Read the Bible
Play cards	Drawing	Help a friend	Take a nap	Watch a movie
Take a time out	Sing	Talk to staff	Deep breathing	Arts and Crafts

B	I	N	G	O
Pray	Deep breathing	Sew	Visit your family	Count to 10
Write in a journal	Watch a movie	Drawing	Cooking	Take a walk
Sing	Go outside	FREE	Clean	Watch TV
Read	Take a time out	Painting	Organize	Listen to music
Take a nap	Talk to staff	Play cards	Arts and Crafts	Dance