

B	I	N	G	O
Watch A Movie	Arts & Crafts	Exercise	Talk To Staff	Read
Deep Breathing	Visit Your Family	Take A Time Out	Cooking	Talk To A Friend
Think About Loved Ones	Watch TV	FREE	Count To 10	Listen To Music
Painting	Think About Happy Memories	Play Cards	Help A Friend	Sewing
Go Outside	Dance	Take A Walk	Write In A Journal	Drawing

B	I	N	G	O
Watch TV	Cooking	Talk To Staff	Deep Breathing	Take A Time Out
Exercise	Write In A Journal	Read	Dance	Talk To A Friend
Painting	Count To 10	FREE	Listen To Music	Arts & Crafts
Help A Friend	Take A Walk	Watch A Movie	Drawing	Think About Happy Memories
Play Cards	Sewing	Think About Loved Ones	Visit Your Family	Go Outside

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Dance	Take A Walk	Cooking	Sewing	Count To 10
Watch A Movie	Painting	Play Cards	Visit Your Family	Read
Think About Loved Ones	Drawing	FREE	Think About Happy Memories	Help A Friend
Watch TV	Talk To A Friend	Talk To Staff	Write In A Journal	Exercise
Listen To Music	Arts & Crafts	Take A Time Out	Deep Breathing	Go Outside