

B	I	N	G	O
Watch TV	Arts and 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 a movie	FREE	Count to 10	Help a friend
Listen to music	Think about happy memories	Painting	Go to counseling/therapy	Sewing
Go outside	Dance	Take a walk	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Cooking	Talk to staff	Deep breathing	Take a time out
Exercise	Write in a journal	Read	Dance	Talk to a friend
Listen to music	Count to 10	FREE	Help a friend	Arts and Crafts
Go to counseling/therapy	Take a walk	Watch TV	Drawing	Think about happy memories
Painting	Sewing	Think about loved ones	Visit your family	Go outside

B	I	N	G	O
Dance	Take a walk	Cooking	Sewing	Count to 10
Watch TV	Listen to music	Painting	Visit your family	Read
Think about loved ones	Drawing	FREE	Think about happy memories	Go to counseling/therapy
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Exercise
Help a friend	Arts and Crafts	Take a time out	Deep breathing	Go outside