

B	I	N	G	O
Thinking about happy memories	Calling loved ones	Eating a snack	Taking a time out	Reading
Doing arts and crafts	Talking to staff	Singing	Coloring	Taking a nap
Taking deep breaths	Thinking about loved ones	FREE	Counting to 10	Panting
Playing cards	Taking a walk	Playing with a fidget toy	Listening to music	Saying the alphabet
Going outside	Dancing	Stretching	Writing in a journal	Drawing

B	I	N	G	O
Thinking about loved ones	Coloring	Taking a time out	Doing arts and crafts	Singing
Eating a snack	Writing in a journal	Reading	Dancing	Taking a nap
Playing cards	Counting to 10	FREE	Panting	Calling loved ones
Listening to music	Stretching	Thinking about happy memories	Drawing	Taking a walk
Playing with a fidget toy	Saying the alphabet	Taking deep breaths	Talking to staff	Going outside

B	I	N	G	O
Dancing	Stretching	Coloring	Saying the alphabet	Counting to 10
Thinking about happy memories	Playing cards	Playing with a fidget toy	Talking to staff	Reading
Taking deep breaths	Drawing	FREE	Taking a walk	Listening to music
Thinking about loved ones	Taking a nap	Taking a time out	Writing in a journal	Eating a snack
Panting	Calling loved ones	Singing	Doing arts and crafts	Going outside