

B	I	N	G	O
WATCH A MOVIE	ARTS AND CRAFTS	GO OUTSIDE	TALK TO A FRIEND	READ
DRAWING	THINK ABOUT LOVED ONES	TAKE A BATH OR SHOWER	COUNT TO 10	TAKE SPACE
THINK ABOUT HAPPY MEMORIES	WATCH TV	FREE	DANCE	PAINTING
PLAY CARDS	TALK TO A STAFF	PLAY GAMES ON IPAD	LISTEN TO MUSIC	STRESS BALLS
HELP A FRIEND	DEEP BREATHING	TAKE A WALK	WRITE IN A JOURNAL	EXERCIS E

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WATCH TV	COUNT TO 10	TALK TO A FRIEND	DRAWING	TAKE A BATH OR SHOWER
GO OUTSIDE	WRITE IN A JOURNAL	READ	DEEP BREATHING	TAKE SPACE
PLAY CARDS	DANCE	FREE	PAINTING	ARTS AND CRAFTS
LISTEN TO MUSIC	TAKE A WALK	WATCH A MOVIE	EXERCIS E	TALK TO A STAFF
PLAY GAMES ON IPAD	STRESS BALLS	THINK ABOUT HAPPY MEMORIES	THINK ABOUT LOVED ONES	HELP A FRIEND

B	I	N	G	O
DEEP BREATHING	TAKE A WALK	COUNT TO 10	STRESS BALLS	DANCE
WATCH A MOVIE	PLAY CARDS	PLAY GAMES ON IPAD	THINK ABOUT LOVED ONES	READ
THINK ABOUT HAPPY MEMORIES	EXERCIS E	FREE	TALK TO A STAFF	LISTEN TO MUSIC
WATCH TV	TAKE SPACE	TALK TO A FRIEND	WRITE IN A JOURNAL	GO OUTSIDE
PAINTING	ARTS AND CRAFTS	TAKE A BATH OR SHOWER	DRAWING	HELP A FRIEND