

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

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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 STAFF
PLAY GAMES ON IPAD	STRESS BALLS	THINK ABOUT LOVED ONES	THINK ABOUT HAPPY MEMORIES	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 HAPPY MEMORIES	READ
THINK ABOUT LOVED ONES	EXERCISE	FREE	TALK TO 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