

B	I	N	G	O
Visit your family	Arts and Crafts	Do a search word	Talk to a friend	Painting
Dance	Think about loved ones	Read	Color	Take a walk
Think about happy memories	Watch TV	FREE	Cooking	Help a friend
Journaling	Talk to staff	Listen to music	Excerise	Play cards
Drawing	Count to 10	Take a time out	Watch a movie	Deep breathing

B	I	N	G	O
Watch TV	Color	Talk to a friend	Dance	Read
Do a search word	Watch a movie	Painting	Count to 10	Take a walk
Journaling	Cooking	FREE	Help a friend	Arts and Crafts
Excerise	Take a time out	Visit your family	Deep breathing	Talk to staff
Listen to music	Play cards	Think about happy memories	Think about loved ones	Drawing

B	I	N	G	O
Count to 10	Take a time out	Color	Play cards	Cooking
Visit your family	Journaling	Listen to music	Think about loved ones	Painting
Think about happy memories	Deep breathing	FREE	Talk to staff	Exercise
Watch TV	Take a walk	Talk to a friend	Watch a movie	Do a search word
Help a friend	Arts and Crafts	Read	Dance	Drawing