

B	I	N	G	O
Watch a movie	Arts and Crafts	Help a friend	Talk to a friend	Sewing
Drawing	Visit your family	Take a nap	Cooking	Think about loved ones
Count to 10	Play cards	FREE	Pray	Think about happy memories
Read	Take a walk	Meditate	Sing	Listen to music
Dance	Deep breathing	Take a bath	Exercise	Take a time out

B	I	N	G	O
Write in a journal	Talk to staff	Take a walk	Take a nap	Think about happy memories
Dance	Deep breathing	Take a time out	Sing	Drawing
Take a bath	Cooking	FREE	Play cards	Arts and Crafts
Sewing	Watch a movie	Yoga	Exercise	Count to 10
Talk to a friend	Go outside	Pray	Help a friend	Meditate

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