

B	I	N	G	O
watch a movie	arts and crafts	exercise	talk to staff	read
deep breathing	visit your family	take a time out	cooking	talk to a friend
think about loved ones	watch tv	FREE	count to 10	listen to music
painting	think about happy memories	play cards	help a friend	sewing
go outside	dance	take a walk	write in a journal	drawing

B	I	N	G	O
watch tv	cooking	talk to staff	deep breathing	take a time out
exercise	write in a journal	read	dance	talk to a friend
painting	count to 10	FREE	listen to music	arts and crafts
help a friend	take a walk	watch a movie	drawing	think about happy memories
play cards	sewing	think about loved ones	visit your family	go outside

B	I	N	G	O
dance	take a walk	cooking	sewing	count to 10
watch a movie	painting	play cards	visit your family	read
think about loved ones	drawing	FREE	think about happy memories	help a friend
watch tv	talk to a friend	talk to staff	write in a journal	exercise
listen to music	arts and crafts	take a time out	deep breathing	go outside