

B	I	N	G	O
Use Smell Goods	Chew Gum	Get up and Get Active	Take a Walk	Singing
Do Yoga	Think About Happy Memories	Take a Bubble Bath	Cook	Take a Time Out
Talk to a Friend	Use a Stress Ball	FREE	Count to 10	Read
Relax Your Body	Talk to Staff	Say positive things about yourself	Paint	Take Deep Breaths
Listen to music	Dance	Take a Nap	Write in a Journal	Draw

B	I	N	G	O
Use a Stress Ball	Cook	Take a Walk	Do Yoga	Take a Bubble Bath
Get up and Get Active	Write in a Journal	Singing	Dance	Take a Time Out
Relax Your Body	Count to 10	FREE	Read	Chew Gum
Paint	Take a Nap	Use Smell Goods	Draw	Talk to Staff
Say positive things about yourself	Take Deep Breaths	Talk to a Friend	Think About Happy Memories	Listen to music

B	I	N	G	O
Dance	Take a Nap	Cook	Take Deep Breaths	Count to 10
Use Smell Goods	Relax Your Body	Say positive things about yourself	Think About Happy Memories	Singing
Talk to a Friend	Draw	FREE	Talk to Staff	Paint
Use a Stress Ball	Take a Time Out	Take a Walk	Write in a Journal	Get up and Get Active
Read	Chew Gum	Take a Bubble Bath	Do Yoga	Listen to music