

B	I	N	G	O
Watch TV	Arts & Crafts	Exercise	Talk to Staff	Play Cards
Deep Breathing	Visit with family	Sew	Cooking	Take a walk
Think about happy memories	Watch a movie	FREE	Count to 10	Help a friend
Listen to music	Talk to a friend	Painting	Go outside	Read
FREE	Dance	Take a time out	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Cooking	Talk to Staff	Deep Breathing	Sew
Exercise	Write in a journal	Play Cards	Dance	Take a walk
Listen to music	Count to 10	FREE	Help a friend	Arts & Crafts
Go outside	Take a time out	Watch TV	Drawing	Talk to a friend
Painting	Read	Think about happy memories	Visit with family	FREE

B	I	N	G	O
Dance	Take a time out	Cooking	Read	Count to 10
Watch TV	Listen to music	Painting	Visit with family	Play Cards
Think about happy memories	Drawing	FREE	Talk to a friend	Go outside
Watch a movie	Take a walk	Talk to Staff	Write in a journal	Exercise
Help a friend	Arts & Crafts	Sew	Deep Breathing	FREE