

B	I	N	G	O
Watch a movie	Arts or Crafts	Go outside	Think about happy memories	Read
Drawing	Watch TV	Take a walk	Count to 10	Talk to staff
Visit your family	Write in a journal	FREE	Dance	Mindfulness
Play a game	Think about loved ones	Play cards	Listen to music	Take a time out
Help a friend	Deep breathing	Talk to a friend	YOUR CHOICE!	Exercise

B	I	N	G	O
Write in a journal	Count to 10	Think about happy memories	Drawing	Take a walk
Go outside	YOUR CHOICE!	Read	Deep breathing	Talk to staff
Play a game	Dance	FREE	Mindfulness	Arts or Crafts
Listen to music	Talk to a friend	Watch a movie	Exercise	Think about loved ones
Play cards	Take a time out	Visit your family	Watch TV	Help a friend

B	I	N	G	O
Deep breathing	Talk to a friend	Count to 10	Take a time out	Dance
Watch a movie	Play a game	Play cards	Watch TV	Read
Visit your family	Exercise	FREE	Think about loved ones	Listen to music
Write in a journal	Talk to staff	Think about happy memories	YOUR CHOICE!	Go outside
Mindfulness	Arts or Crafts	Take a walk	Drawing	Help a friend