

B	I	N	G	O
Watch TV	Anger Cues	Help a friend	Talk to staff	Sewing
Drawing	Visit your family	Take a time out	Cooking	Talk to a friend
Think about loved ones	Watch a movie	FREE	Count to 10	Read
Self-Coaching	Think about happy memories	Self-Reward	Play cards	Social Skills
Listen to music	Deep breathing	Take a walk	Write in a journal	Exercise

B	I	N	G	O
Watch a movie	Cooking	Talk to staff	Drawing	Take a time out
Help a friend	Write in a journal	Sewing	Deep breathing	Talk to a friend
Self-Coaching	Count to 10	FREE	Read	Anger Cues
Play cards	Take a walk	Watch TV	Exercise	Think about happy memories
Self-Reward	Social Skills	Think about loved ones	Visit your family	Listen to music

B	I	N	G	O
Deep breathing	Take a walk	Cooking	Social Skills	Count to 10
Watch TV	Self-Coaching	Self-Reward	Visit your family	Sewing
Think about loved ones	Exercise	FREE	Think about happy memories	Play cards
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Help a friend
Read	Anger Cues	Take a time out	Drawing	Listen to music