

B	I	N	G	O
drawing	Aromatherapy	Exercise	Take a walk	Say positive things about yourself
Drawing	Watch your favorite TV show	Take a bubble bath	Breathing Retraining	Think about happy memories
listen to music	Cooking	FREE	Stress Ball	Painting
Dance	Progressive Muscle Relaxation	Talk to a friend	Read	Take a time out
Talk to staff	Listen to music	Grounding Techniques	Sing	Count to 10

B	I	N	G	O
Stress Ball	Say positive things about yourself	Cooking	Think about happy memories	Count to 10
Talk to a friend	Painting	Progressive Muscle Relaxation	Watch your favorite TV show	Breathing Retraining
listen to music	Take a walk	FREE	Sing	Drawing
Exercise	Take a bubble bath	Talk to staff	Dance	Take a time out
Aromatherapy	drawing	read	Emotional Freedom Techniques	Grounding Techniques

B	I	N	G	O
Stress Ball	Drawing	Take a time out	Emotional Freedom Techniques	Breathing Retraining
Aromatherapy	read	Exercise	listen to music	Dance
Watch your favorite TV show	Talk to staff	FREE	Read	Take a walk
Count to 10	Sing	Progressive Muscle Relaxation	Painting	Cooking
Think about happy memories	Say positive things about yourself	Grounding Techniques	Take a bubble bath	drawing