

B	I	N	G	O
Watch a movie	Alter your diet	Emotional Freedom Techniques	Talk to a friend	Sing
Dance	Visit Family	Take a bubble bath	Breathing	Take a walk
Think about happy memories	Write in a journal	FREE	Cooking	Listen to music
Painting	Talk to staff	Say positive things about yourself	Gardening	Stress Ball
Exercise	Count to 10	Take a time out	Yoga	Drawing

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Write in a journal	Breathing	Talk to a friend	Dance	Take a bubble bath
Emotional Freedom Techniques	Yoga	Sing	Count to 10	Take a walk
Painting	Cooking	FREE	Listen to music	Alter your diet
Gardening	Take a time out	Watch a movie	Drawing	Talk to staff
Say positive things about yourself	Stress Ball	Think about happy memories	Visit Family	Exercise

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Count to 10	Take a time out	Breathing	Stress Ball	Cooking
Watch a movie	Painting	Say positive things about yourself	Visit Family	Sing
Think about happy memories	Drawing	FREE	Talk to staff	Gardening
Write in a journal	Take a walk	Talk to a friend	Yoga	Emotional Freedom Techniques
Listen to music	Alter your diet	Take a bubble bath	Dance	Exercise