

B	I	N	G	O
watch a movie	arts and crafts	exercise	talk to a friend	read
deep breathing	visit family	sewing	cooking	take a walk
think about loved ones	watch tv	FREE	count to 10	listen to music
painting	talk to staff	play cards	help a friend	rest
go outside	dance	take a time out	write in journal	drawing

B	I	N	G	O
watch tv	cooking	talk to a friend	deep breathing	sewing
exercise	write in journal	read	dance	take a walk
painting	count to 10	FREE	listen to music	arts and crafts
help a friend	take a time out	watch a movie	drawing	talk to staff
play cards	rest	think about loved ones	visit family	go outside

B	I	N	G	O
dance	take a time out	cooking	rest	count to 10
watch a movie	painting	play cards	visit family	read
think about loved ones	drawing	FREE	talk to staff	help a friend
watch tv	take a walk	talk to a friend	write in journal	exercise
listen to music	arts and crafts	sewing	deep breathing	go outside