

B	I	N	G	O
Watch a movie	Bake a cake	Arts and Crafts	Excerise	Take a warm bath
Pray	Dance	Walk away	Smile	Biking
Take a walk	Think about loved ones	FREE	Color	Skating
Laugh	Count to 10	Listen to music	Talk to staff	Painting
Take a time out	Think about happy memories	Hug someone	Help a friend	Read

B	I	N	G	O
Listen to music	Go outside	Color	Cooking	Sewing
Pray	Play cards	Clean your house	Think about loved ones	Cooking
Take a warm bath	Laugh	FREE	Walk away	Biking
Watch something funny	Visit your family	Skating	Read	Meditate
Dance	Exercise	Swimming	Talk to a friend	Take a walk

B	I	N	G	O
Smile	Talk to staff	Color	Cooking	Swimming
Pray	Dance	Take a time out	Read	Sewing
Bake a cake	Laugh	FREE	Arts and Crafts	Play cards
Watch TV	Cooking	Write in a journal	Word puzzle	Clean your house
Take a warm bath	Skating	Deep breathing	Watch something funny	Biking