

B	I	N	G	O
Write in a journal	Arts and Crafts	Exercise	Talk to staff	Play video games/computer
Deep breathing	Watch a movie	Take a time out	Cooking	Talk to a friend
Watch TV	shoot hoops	FREE	Count to 10	Listen to music
Painting	Think about happy memories	Play cards	Help a friend	Read
Go outside	Dance	Take a walk	stress ball	Drawing

B	I	N	G	O
shoot hoops	Cooking	Talk to staff	Deep breathing	Take a time out
Exercise	stress ball	Play video games/computer	Dance	Talk to a friend
Painting	Count to 10	FREE	Listen to music	Arts and Crafts
Help a friend	Take a walk	Write in a journal	Drawing	Think about happy memories
Play cards	Read	Watch TV	Watch a movie	Go outside

B	I	N	G	O
Dance	Take a walk	Cooking	Read	Count to 10
Write in a journal	Painting	Play cards	Watch a movie	Play video games/computer
Watch TV	Drawing	FREE	Think about happy memories	Help a friend
shoot hoops	Talk to a friend	Talk to staff	stress ball	Exercise
Listen to music	Arts and Crafts	Take a time out	Deep breathing	Go outside