

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

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

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