| B | I | N | G | O |
|---|---|---|---|---|
| watch TV | arts and craft | listen to music | talk to a friend | read a book |
| deep breathing | visit your family | sing | count to 10 | take a walk |
| think about happy memories | watch a movie | **FREE** | count to 100 | play cards |
| play foot ball | talk to counselor | pray | paint | sewing |
| meditate | dance | take a break | write in a journal | exercise |



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| B | I | N | G | O |
|---|---|---|---|---|
| watch a movie | count to 10 | talk to a friend | deep breathing | sing |
| listen to music | write in a journal | read a book | dance | take a walk |
| play foot ball | count to 100 | **FREE** | play cards | arts and craft |
| paint | take a break | watch TV | exercise | talk to counselor |
| pray | sewing | think about happy memories | visit your family | meditate |



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| B | I | N | G | O |
|---|---|---|---|---|
| dance | take a break | count to 10 | sewing | count to 100 |
| watch TV | play foot ball | pray | visit your family | read a book |
| think about happy memories | exercise | **FREE** | talk to counselor | paint |
| watch a movie | take a walk | talk to a friend | write in a journal | listen to music |
| play cards | arts and craft | sing | deep breathing | meditate |



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