

B	I	N	G	O
Talk to Staff	Call a Friend	Draw	Squeeze Ice	Organize your Room
Dance	Take a Walk	Play an Instrument	Call an Adult	Scream in a Pillow
Take a Hot Shower	Volunteer in the Community	FREE	Cooking	Journal
Listen to Music	Take a Bubble Bath	Meditate	Help a friend	Paint
Exercise	Count to 100	Read	Watch a Movie	Deep Breathing

B	I	N	G	O
Volunteer in the Community	Call an Adult	Squeeze Ice	Dance	Play an Instrument
Draw	Watch a Movie	Organize your Room	Count to 100	Scream in a Pillow
Listen to Music	Cooking	FREE	Journal	Call a Friend
Help a friend	Read	Talk to Staff	Deep Breathing	Take a Bubble Bath
Meditate	Paint	Take a Hot Shower	Take a Walk	Exercise

B	I	N	G	O
Count to 100	Read	Call an Adult	Paint	Cooking
Talk to Staff	Listen to Music	Meditate	Take a Walk	Organize your Room
Take a Hot Shower	Deep Breathing	FREE	Take a Bubble Bath	Help a friend
Volunteer in the Community	Scream in a Pillow	Squeeze Ice	Watch a Movie	Draw
Journal	Call a Friend	Play an Instrument	Dance	Exercise