

B	I	N	G	O
Watch TV	Arts and Crafts	Drawing	Talk to staff	Play cards
Dance	Visit your family	Take a time out	Cooking	Talk to a friend
Think about loved ones	Watch a movie	FREE	Count to 10	Help a friend
Listen to music	Think about happy memories	Painting	Go outside	Read
Exercise	Dance	Take a walk	Write in a journal	Deep breathing

B	I	N	G	O
Watch a movie	Cooking	Talk to staff	Dance	Take a time out
Drawing	Write in a journal	Play cards	Dance	Talk to a friend
Listen to music	Count to 10	FREE	Help a friend	Arts and Crafts
Go outside	Take a walk	Watch TV	Deep breathing	Think about happy memories
Painting	Read	Think about loved ones	Visit your family	Exercise

B	I	N	G	O
Dance	Take a walk	Cooking	Read	Count to 10
Watch TV	Listen to music	Painting	Visit your family	Play cards
Think about loved ones	Deep breathing	FREE	Think about happy memories	Go outside
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Drawing
Help a friend	Arts and Crafts	Take a time out	Dance	Exercise