

B	I	N	G	O
Think somthing postive about yourself	Arts and Crafts	Eat Healthy	Take a walk around the unit	Picture something you enjoy
Deep breathing	Think of something funny	Read	Ask for help	Take a time out
Think about happy memories	Write a short story	FREE	Clean your room	If you can go out side
Listen to music	Talk to staff	Picture something relaxing	Get the right amount of Sleep	Play a game
Excerise	Count to 10	Stretch	Write in a journal	Drawing

B	I	N	G	O
Write a short story	Ask for help	Take a walk around the unit	Deep breathing	Read
Eat Healthy	Write in a journal	Picture something you enjoy	Count to 10	Take a time out
Listen to music	Clean your room	FREE	If you can go out side	Arts and Crafts
Get the right amount of Sleep	Stretch	Think somthing postive about yourself	Drawing	Talk to staff
Picture something relaxing	Play a game	Think about happy memories	Think of something funny	Excerise

B	I	N	G	O
Count to 10	Stretch	Ask for help	Play a game	Clean your room
Think something positive about yourself	Listen to music	Picture something relaxing	Think of something funny	Picture something you enjoy
Think about happy memories	Drawing	FREE	Talk to staff	Get the right amount of Sleep
Write a short story	Take a time out	Take a walk around the unit	Write in a journal	Eat Healthy
If you can go outside	Arts and Crafts	Read	Deep breathing	Exercise