

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

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

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