

B	I	N	G	O
visit your family	Count to 10	Talk to Staff	read	drawing
Go Outside	talk to a friend	listen to music	Dance	play cards
take a walk	watch TV	FREE	Deep Breathing	Write in a journal
arts and crafts	take a time out	cooking	Think about loved ones	help a friend
Think about happy memories	Exercise	painting	watch a movie	Sewing

B	I	N	G	O
watch TV	Dance	read	Go Outside	listen to music
Talk to Staff	watch a movie	drawing	Exercise	play cards
arts and crafts	Deep Breathing	FREE	Write in a journal	Count to 10
Think about loved ones	painting	visit your family	Sewing	take a time out
cooking	help a friend	take a walk	talk to a friend	Think about happy memories

B	I	N	G	O
Exercise	painting	Dance	help a friend	Deep Breathing
visit your family	arts and crafts	cooking	talk to a friend	drawing
take a walk	Sewing	FREE	take a time out	Think about loved ones
watch TV	play cards	read	watch a movie	Talk to Staff
Write in a journal	Count to 10	listen to music	Go Outside	Think about happy memories