

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

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

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