

B	I	N	G	O
visit your family	take a walk	deep breathing	talk to a friend	painting
count to 10	think about loved ones	read	Watch a movie	take a time out
think about happy memories	watch TV	FREE	arts and crafts	go outside
help a friend	talk to staff	listen to music	exercise	play cards
drawing	cooking	sewing	write in a journal	dance

B	I	N	G	O
watch TV	Watch a movie	talk to a friend	count to 10	read
deep breathing	write in a journal	painting	cooking	take a time out
help a friend	arts and crafts	FREE	go outside	take a walk
exercise	sewing	visit your family	dance	talk to staff
listen to music	play cards	think about happy memories	think about loved ones	drawing

B	I	N	G	O
cooking	sewing	Watch a movie	play cards	arts and crafts
visit your family	help a friend	listen to music	think about loved ones	painting
think about happy memories	dance	FREE	talk to staff	exercise
watch TV	take a time out	talk to a friend	write in a journal	deep breathing
go outside	take a walk	read	count to 10	drawing