

B	I	N	G	O
Watch a movie	Attend a meeting	Arts and Crafts	Drawing	Talk to a friend
Pros and Cons list	Count to 10	Visit your family	Take a nap	Dance
Take a walk	Think about loved ones	FREE	Color	Sewing
Listen to music	Painting	Talk to staff	Play cards	Take a time out
Think about happy memories	Help a friend	Go outside	Read	Exercise

B	I	N	G	O
Color	Cooking	Sewing	Pros and Cons list	Play cards
Call your sponsor	Think about loved ones	Talk to a friend	Listen to music	Painting
Visit your family	Attend a meeting	FREE	Watch a movie	Read
Play a sport	Dance	Exercise	Take a time out	Work the 12 Steps
Take a walk	Take a nap	Think about happy memories	Count to 10	Arts and Crafts

B	I	N	G	O
Play cards	Count to 10	Sewing	Watch TV	Color
Write in a journal	Work the 12 Steps	Dance	Call your sponsor	Talk to a friend
Take a nap	Drawing	FREE	Attend a meeting	Watch a movie
Pros and Cons list	Take a walk	Painting	Listen to music	Go outside
Take a time out	Think about happy memories	Play a sport	Arts and Crafts	Cooking