

B	I	N	G	O
Watch a movie	Baking	Arts and Crafts	Excerise	Take a walk
Play cards	Dance	Visit your family	Sewing	Think about loved ones
Color	Paint your nail	FREE	Count to 10	Painting
Talk to staff	Play a board game	Take a time out	Think about happy memories	Hug a pillow or stuffed animal
Help a friend	Read	Cooking	Scrapbook	Clean something

B	I	N	G	O
Think about loved ones	Cooking	Talk to a friend	Paint your nail	Color
Painting	Visit your family	Baking	Watch a movie	Sewing
Take a walk	Read	FREE	Clean something	Scrapbook
Dance	Exercise	Take a shower	Write in a journal	Talk to staff
Count to 10	Take a time out	Arts and Crafts	Play cards	Watch TV

B	I	N	G	O
Cooking	Write poetry	Write in a journal	Dance	Clean something
Talk to a friend	Sewing	Drawing	Baking	Watch a movie
Play cards	Count to 10	FREE	Take a walk	Painting
Excerise	Scrapbook	Paint your nail	Help a friend	Take a time out
Watch TV	Deep breathing	Talk to staff	Play a board game	Arts and Crafts