

B	I	N	G	O
Watch TV	Arts and crafts	Exercise	Talk to staff/Counselor	Read
Deep breathing	Visit your family	Take a time out	Cooking	Talk to a friend
Think about happy moments	Watch a movie	FREE	Count to 10	Listen to music
Painting	Think about loved ones	Play cards	Help a friend out	Sewing
Go outside	Dance	Take a walk	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Cooking	Talk to staff/Counselor	Deep breathing	Take a time out
Exercise	Write in a journal	Read	Dance	Talk to a friend
Painting	Count to 10	FREE	Listen to music	Arts and crafts
Help a friend out	Take a walk	Watch TV	Drawing	Thing about loved ones
Play cards	Sewing	Think about happy moments	Visit your family	Go outside

B	I	N	G	O
Dance	Take a walk	Cooking	Sewing	Count to 10
Watch TV	Painting	Play cards	Visit your family	Read
Think about happy moments	Drawing	FREE	Thing about loved ones	Help a friend out
Watch a movie	Talk to a friend	Talk to staff/Counselor	Write in a journal	Exercise
Listen to music	Arts and crafts	Take a time out	Deep breathing	Go outside