

B	I	N	G	O
Use stress star	Art	Gratitude list	Take a self care break	Put together puzzle
Exercise-	Talk to staff	Respiratory Control	Color	Stretch
Talk to a friend	Word search/crossword	FREE	Count to 10	Painting
Play 54321 game	Take a walk	Play cards	Listen to music	Read
Help a friend	Drawing	Stay out of room!	Write in a journal	Go outside

B	I	N	G	O
Word search/crossword	Color	Take a self care break	Excerise-	Respiratory Control
Gratitude list	Write in a journal	Put together puzzle	Drawing	Stretch
Play 54321 game	Count to 10	FREE	Painting	Art
Listen to music	Stay out of room!	Use stress star	Go outside	Take a walk
Play cards	Read	Talk to a friend	Talk to staff	Help a friend

B	I	N	G	O
Drawing	Stay out of room!	Color	Read	Count to 10
Use stress star	Play 54321 game	Play cards	Talk to staff	Put together puzzle
Talk to a friend	Go outside	FREE	Take a walk	Listen to music
Word search/crossword	Stretch	Take a self care break	Write in a journal	Gratitude list
Painting	Art	Respiratory Control	Exercise-	Help a friend