

B	I	N	G	O
Watch TV	Arts and Crafts	Go outside	Talk to staff	Read
Drawing	Visit your family	Sing	Count to 10	Talk to a friend
Think about loved ones	Watch a movie	FREE	Dance	Painting
Play cards	Think about happy memories	Pray	Listen to music	Recognize the triggers
Help a friend	Deep breathing	Take a walk	Write in a journal	Exercise

B	I	N	G	O
Watch a movie	Count to 10	Talk to staff	Drawing	Sing
Go outside	Write in a journal	Read	Deep breathing	Talk to a friend
Play cards	Dance	FREE	Painting	Arts and Crafts
Listen to music	Take a walk	Watch TV	Exercise	Think about happy memories
Pray	Recognize the triggers	Think about loved ones	Visit your family	Help a friend

B	I	N	G	O
Deep breathing	Take a walk	Count to 10	Recognize the triggers	Dance
Watch TV	Play cards	Pray	Visit your family	Read
Think about loved ones	Exercise	FREE	Think about happy memories	Listen to music
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Go outside
Painting	Arts and Crafts	Sing	Drawing	Help a friend