

B	I	N	G	O
Write a Letter	Anger Management	Help a Friend	Talk to a Friend	Punch a Pillow
Deep Breathing	Watch TV	Take a Time Out	Arts and Crafts	Talk to Staff
Walk Away	Coping Skills	FREE SPACE!	Stop and Think	Paint
Play Cards	Think about Happy Memories	Play a Game	Take a Walk	Think about Loved Ones
Meditation	Listen to Music	Read	Count to 10	Dance

B	I	N	G	O
Stop and Think	Punch a Pillow	Coping Skills	Walk Away	Count to 10
Talk to a Friend	Paint	Play Cards	Watch TV	Arts and Crafts
Write in a Journal	Read	FREE SPACE!	Deep Breathing	Help a Friend
Take a Walk	Talk to Staff	Take a Time Out	Think about Happy Memories	Dance
Anger Management	Write a Letter	YOGA	Exercise	Listen to Music

B	I	N	G	O
Stop and Think	Deep Breathing	Take a Walk	Exercise	Arts and Crafts
Anger Management	YOGA	Write in a Journal	Dance	Watch TV
Draw	Think about Happy Memories	FREE SPACE!	Play a Game	Talk to Staff
Read	Play Cards	Paint	Coping Skills	Think about Loved Ones
Count to 10	Walk Away	Punch a Pillow	Help a Friend	Take a Time Out