

B	I	N	G	O
Watch TV	Arts and Crafts	Go outside	Talk to a family member	Read
Drawing	Visualization	Take a time out	Blow bubbles	Think about loved ones
Watch a movie	Count to 10	FREE	Ride a bike	Painting
Deep breathing	Play cards	Talk to a friend	Play with an animal	Take a walk
Think about happy memories	Listen to music	Help a friend	Relaxation	Dance

B	I	N	G	O
Ride a bike	Read	Count to 10	Think about loved ones	Dance
Talk to a friend	Painting	Play cards	Visualization	Blow bubbles
Watch a movie	Talk to a family member	FREE	Relaxation	Drawing
Go outside	Take a time out	Think about happy memories	Deep breathing	Take a walk
Arts and Crafts	Watch TV	Write in a journal	Exercise	Help a friend

B	I	N	G	O
Ride a bike	Drawing	Take a walk	Exercise	Blow bubbles
Arts and Crafts	Write in a journal	Go outside	Watch a movie	Deep breathing
Visualization	Think about happy memories	FREE	Play with an animal	Talk to a family member
Dance	Relaxation	Play cards	Painting	Count to 10
Think about loved ones	Read	Help a friend	Take a time out	Watch TV