

B	I	N	G	O
Visit your family	Arts and Crafts	Exercise	Talk to a friend	Read
Deep breathing	Think about loved ones	Talk a Walk	Cooking	Talk to a friend
Think about happy memories	Watch a Movie	FREE	Count to 10	Listen to music
Painting	Talk to staff	Play cards	Help a friend	Sewing
Go outside	Dance	Talk to a counselor	Write in a journal	Drawing

B	I	N	G	O
Watch a Movie	Cooking	Talk to a friend	Deep breathing	Talk a Walk
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	Talk to a counselor	Visit your family	Drawing	Talk to staff
Play cards	Sewing	Think about happy memories	Think about loved ones	Go outside

B	I	N	G	O
Dance	Talk to a counselor	Cooking	Sewing	Count to 10
Visit your family	Painting	Play cards	Think about loved ones	Read
Think about happy memories	Drawing	FREE	Talk to staff	Help a friend
Watch a Movie	Talk to a friend	Talk to a friend	Write in a journal	Exercise
Listen to music	Arts and Crafts	Talk a Walk	Deep breathing	Go outside