

B	I	N	G	O
Watch TV	Arts and Crafts	Exercise	Talk to a friend	Read
Deep Breathing	Think about loved ones	Take a time out	Cooking	Talk to Counselor
Think about happy memories	Watch a movie	FREE	Count to 10	Painting
Play cards	Talk to staff	Read	Help a friend	Sewing
Go outside	Dance	Talk a walk	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Cooking	Talk to a friend	Deep Breathing	Take a time out
Exercise	Write in a journal	Read	Dance	Talk to Counselor
Play cards	Count to 10	FREE	Painting	Arts and Crafts
Help a friend	Talk a walk	Watch TV	Drawing	Talk to staff
Read	Sewing	Think about happy memories	Think about loved ones	Go outside

B	I	N	G	O
Dance	Talk a walk	Cooking	Sewing	Count to 10
Watch TV	Play cards	Read	Think about loved ones	Read
Think about happy memories	Drawing	FREE	Talk to staff	Help a friend
Watch a movie	Talk to Counselor	Talk to a friend	Write in a journal	Exercise
Painting	Arts and Crafts	Take a time out	Deep Breathing	Go outside