

B	I	N	G	O
Watch TV	Ask for help	Exercise	Think about happy memories	Read
Do some stretches	Visit your family	Take a walk	Count to 10	Talk to staff
Use humor	Watch a movie	FREE	Dance	Listen to music
Paint a picture	Think about loved ones	Play cards	Help a friend	Set goals
Go outside	Deep breathe	Talk to a friend	Write in a journal	Draw a picture

B	I	N	G	O
Watch a movie	Count to 10	Think about happy memories	Do some stretches	Take a walk
Exercise	Write in a journal	Read	Deep breathe	Talk to staff
Paint a picture	Dance	FREE	Listen to music	Ask for help
Help a friend	Talk to a friend	Watch TV	Draw a picture	Think about loved ones
Play cards	Set goals	Use humor	Visit your family	Go outside

B	I	N	G	O
Deep breathe	Talk to a friend	Count to 10	Set goals	Dance
Watch TV	Paint a picture	Play cards	Visit your family	Read
Use humor	Draw a picture	FREE	Think about loved ones	Help a friend
Watch a movie	Talk to staff	Think about happy memories	Write in a journal	Exercise
Listen to music	Ask for help	Take a walk	Do some stretches	Go outside