

B	I	N	G	O
Watch TV	Cooking	Excerise	Talk to staff	Play cards
Deep breathing	Visit your family	Take a time out	Count to 10	Talk to a friend
Think about loved ones	Watch a movie	FREE	Creating something	Listen to music
Painting	Think about happy memories	Play basketball	Help a friend or family member	Read
Go outside	Dance	Take a walk	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Count to 10	Talk to staff	Deep breathing	Take a time out
Excerise	Write in a journal	Play cards	Dance	Talk to a friend
Painting	Creating something	FREE	Listen to music	Cooking
Help a friend or family member	Take a walk	Watch TV	Drawing	Think about happy memories
Play basketball	Read	Think about loved ones	Visit your family	Go outside

B	I	N	G	O
Dance	Take a walk	Count to 10	Read	Creating something
Watch TV	Painting	Play basketball	Visit your family	Play cards
Think about loved ones	Drawing	FREE	Think about happy memories	Help a friend or family member
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Exercise
Listen to music	Cooking	Take a time out	Deep breathing	Go outside