

B	I	N	G	O
Watch TV	Color	Go outside	Talk to staff	Squeeze a stress ball
Do 20 sit ups	Use a stress ball	Take a walk	Color a mandala	Talk to a friend
Use a calming jar	Write in a journal	FREE	Count to 10	Play cards
Read	Think about happy memories	Read positive affirmations	Paint	Take a nap
Listen to music	Dance	Take deep breaths	Yoga	Draw

B	I	N	G	O
Write in a journal	Color a mandala	Talk to staff	Do 20 sit ups	Take a walk
Go outside	Yoga	Squeeze a stress ball	Dance	Talk to a friend
Read	Count to 10	FREE	Play cards	Color
Paint	Take deep breaths	Watch TV	Draw	Think about happy memories
Read positive affirmations	Take a nap	Use a calming jar	Use a stress ball	Listen to music

B	I	N	G	O
Dance	Take deep breaths	Color a mandala	Take a nap	Count to 10
Watch TV	Read	Read positive affirmations	Use a stress ball	Squeeze a stress ball
Use a calming jar	Draw	FREE	Think about happy memories	Paint
Write in a journal	Talk to a friend	Talk to staff	Yoga	Go outside
Play cards	Color	Take a walk	Do 20 sit ups	Listen to music