

B	I	N	G	O
Watch TV	Arts and Crafts	Help a friend	Take space	Read
Drawing	Think about loved ones	Take a bath or shower	Count to 10	Think about happy memories
Watch a movie	Dance	FREE	Play Games	Play cards
Talk to a friend	Play games on iPad	Take a walk	Listen to music	Stress balls
Deep breathing	Talk to Mom or Dad	Exercise	Write in a journal	Go outside

B	I	N	G	O
Watch a movie	Write in a journal	Count to 10	Play games on iPad	Drawing
Take space	Play cards	Help a friend	Stress balls	Dance
Play Games	Arts and Crafts	FREE	Listen to music	Take a walk
Go outside	Watch TV	Exercise	Talk to a friend	Deep breathing
Read	Painting	Think about happy memories	Take a bath or shower	Think about loved ones

B	I	N	G	O
Talk to a friend	Listen to music	Watch a movie	Go outside	Take space
Talk to Mom or Dad	Think about happy memories	Write in a journal	Play games on iPad	Dance
Take a walk	Count to 10	FREE	Play Games	Help a friend
Painting	Read	Deep breathing	Arts and Crafts	Watch TV
Think about loved ones	Take a bath or shower	Play cards	Stress balls	Exercise