

B	I	N	G	O
Watch a movie	Arts and Crafts	Draw	Talk to a friend	Play a game
Dance	Walk away	Positive self talk	Cook or clean	Take a walk
Use stress ball	Write a letter	FREE	Cool off time	Learn something new
Listen to music	Talk to staff	Meditate	Help a friend	Positive imagery
Exercise	Count to 10	Start a project	Write in a journal	Deep breathing

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Write a letter	Cook or clean	Talk to a friend	Dance	Positive self talk
Draw	Write in a journal	Play a game	Count to 10	Take a walk
Listen to music	Cool off time	FREE	Learn something new	Arts and Crafts
Help a friend	Start a project	Watch a movie	Deep breathing	Talk to staff
Meditate	Positive imagery	Use stress ball	Walk away	Exercise

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Count to 10	Start a project	Cook or clean	Positive imagery	Cool off time
Watch a movie	Listen to music	Meditate	Walk away	Play a game
Use stress ball	Deep breathing	FREE	Talk to staff	Help a friend
Write a letter	Take a walk	Talk to a friend	Write in a journal	Draw
Learn something new	Arts and Crafts	Positive self talk	Dance	Exercise