

B	I	N	G	O
Volunteer at a local place for a few hours a week	Attend coping skills group once a week and stay for 10 minutes	Go to Wal-mart and look around	Talk to one person in the waiting room while in the doctor's office or at Port Human Services	Go to the public library and read a book
Go for a 10 minute walk outdoors during the day time	Visit a friend or family member for 30 minutes	Take out the trash during the daytime for one day each week	Attend coping skills group once a week and stay for 16 minutes	Take the trash out twice a week during the daytime
Visit a friend or family member for 10 minutes	Walk outside during the daytime	I FEEL FREE!	Attend coping skills group once a week and stay for 30 minutes	Go to the grocery store for items and stand in the longest line
Go to the grocery store for items and stand in the shortest line	Visit a friend or family member for 1 hour	Go to the movies	Go to the Employment Security commission and search for one job	Invite a friend or family member over for dinner
Go to a local event	Eat inside a restaurant	Take the elevator in a place that has elevators	walk inside the mall or a store and stay for 10 minutes	Go inside a small store to purchase items

B	I	N	G	O
Walk outside during the daytime	Attend coping skills group once a week and stay for 16 minutes	Talk to one person in the waiting room while in the doctor's office or at Port Human Services	Go for a 10 minute walk outdoors during the day time	Take out the trash during the daytime for one day each week
Go to Wal-mart and look around	walk inside the mall or a store and stay for 10 minutes	Go to the public library and read a book	Eat inside a restaurant	Take the trash out twice a week during the daytime
Go to the grocery store for items and stand in the shortest line	Attend coping skills group once a week and stay for 30 minutes	I FEEL FREE!	Go to the grocery store for items and stand in the longest line	Attend coping skills group once a week and stay for 10 minutes
Go to the Employment Security commission and search for one job	Take the elevator in a place that has elevators	Volunteer at a local place for a few hours a week	Go inside a small store to purchase items	Visit a friend or family member for 1 hour
Go to the movies	Invite a friend or family member over for dinner	Visit a friend or family member for 10 minutes	Visit a friend or family member for 30 minutes	Go to a local event

B	I	N	G	O
Eat inside a restaurant	Take the elevator in a place that has elevators	Attend coping skills group once a week and stay for 16 minutes	Invite a friend or family member over for dinner	Attend coping skills group once a week and stay for 30 minutes
Volunteer at a local place for a few hours a week	Go to the grocery store for items and stand in the shortest line	Go to the movies	Visit a friend or family member for 30 minutes	Go to the public library and read a book
Visit a friend or family member for 10 minutes	Go inside a small store to purchase items	I FEEL FREE!	Visit a friend or family member for 1 hour	Go to the Employment Security commission and search for one job
Walk outside during the daytime	Take the trash out twice a week during the daytime	Talk to one person in the waiting room while in the doctor's office or at Port Human Services	walk inside the mall or a store and stay for 10 minutes	Go to Wal-mart and look around
Go to the grocery store for items and stand in the longest line	Attend coping skills group once a week and stay for 10 minutes	Take out the trash during the daytime for one day each week	Go for a 10 minute walk outdoors during the day time	Go to a local event