

B	I	N	G	O
Think about happy memories	5 things you are thankful for	Drawing	Sing	Meditate-think of a calm/safe place
Dance	Talk to staff	Play with a fidget	Arts and Crafts	Take a walk
Compliment someone	Play cards	FREE	List 5 strengths	Talk to a friend
Listen to music	Take a time out	Meditate	Read	Go outside
Excerise	Painting	Count to 10	Create a drumming pattern	Smile!

B	I	N	G	O
Help a friend	Compliment someone	List 5 strengths	Talk to staff	Arts and Crafts
Think about happy memories	Talk to a friend	Play cards	Sing	Painting
Listen to music	Meditate-think of a calm/safe place	FREE	Dance	Drawing
Play with a fidget	Write a letter	Smile!	Take a time out	Count to 10
Create a drumming pattern	Read	5 things you are thankful for	Meditate	Write in a journal

B	I	N	G	O
Write a letter	Deep breathing	Compliment someone	Smile!	Dance
Play cards	Do a chore	Write in a journal	Arts and Crafts	Think about happy memories
Meditate	Create a drumming pattern	FREE	Sing	List 5 strengths
Drawing	Help a friend	5 things you are thankful for	Exercise	Painting
Read	Talk to staff	Take a time out	Listen to music	Take a walk