

B	I	N	G	O
Watch TV	Arts and Crafts	Exercise	Talk to a friend	Play cards
Count to 10	Visit your family	Take a time out	Ask for help	Think about loved ones
Watch a movie	Be Assertive	FREE	Ignore the problem	Listen to music
Think about happy memories	Painting	Take a walk	Go outside	Read
Cooking	Talk to family	Deep breathing	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Write in a journal	Ask for help	Painting	Count to 10
Talk to a friend	Listen to music	Exercise	Read	Be Assertive
Ignore the problem	Arts and Crafts	FREE	Go outside	Take a walk
Drawing	Watch TV	Deep breathing	Think about happy memories	Cooking
Play cards	Help a friend	Think about loved ones	Take a time out	Visit your family

B	I	N	G	O
Think about happy memories	Go outside	Watch a movie	Drawing	Talk to a friend
Talk to family	Think about loved ones	Write in a journal	Painting	Be Assertive
Take a walk	Ask for help	FREE	Ignore the problem	Exercise
Help a friend	Play cards	Cooking	Arts and Crafts	Watch TV
Visit your family	Take a time out	Listen to music	Read	Deep breathing