

B	I	N	G	O
Tap your Toes	Call a Friend	Drink Some Water	Sing Out Loud	Organize your Room
Deep Breathing	Talk to Staff	Play an Instrument	Call a Grandchild	Scream in a Pillow
Take a Wheelchair Walk	Watch a Movie	BINGO (exercise your mind)	Chat With A Fellow Resident	Journal Your Thoughts
Listen to Music	Take a Hot Shower	Meditate	Help a friend	Paint
Exercise A body part	Count to 100	Read a Newspaper	Whistle	Draw Something

B	I	N	G	O
Watch a Movie	Call a Grandchild	Sing Out Loud	Deep Breathing	Play an Instrument
Drink Some Water	Whistle	Organize your Room	Count to 100	Scream in a Pillow
Listen to Music	Chat With A Fellow Resident	BINGO (exercise your mind)	Journal Your Thoughts	Call a Friend
Help a friend	Read a Newspaper	Tap your Toes	Draw Something	Take a Hot Shower
Meditate	Paint	Take a Wheelchair Walk	Talk to Staff	Exercise A body part

B	I	N	G	O
Count to 100	Read a Newspaper	Call a Grandchild	Paint	Chat With A Fellow Resident
Tap your Toes	Listen to Music	Meditate	Talk to Staff	Organize your Room
Take a Wheelchair Walk	Draw Something	BINGO (exercise your mind)	Take a Hot Shower	Help a friend
Watch a Movie	Scream in a Pillow	Sing Out Loud	Whistle	Drink Some Water
Journal Your Thoughts	Call a Friend	Play an Instrument	Deep Breathing	Exercise A body part