

B	I	N	G	O
WATCH A MOVIE	ARTS AND CRAFTS	EXERCIS E	TALK TO STAFF	READ
DEEP BREATHING	VISIT YOUR FAMILY	TAKE A TIME OUT	COOKING	TALK TO A FRIEND
THINK ABOUT LOVED ONES	WATCH TV	FREE	COUNT TO TEN	LISTEN TO MUSIC
PATINTING	THINK ABOUT HAPPY MEMORIES	PLAY CARDS	HELP A FRIEND	SEWING
GO OUTSIDE	DANCE	TAKE A WALK	WRITE NI A JOURNAL	DRAWING

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WATCH TV	COOKING	TALK TO STAFF	DEEP BREATHING	TAKE A TIME OUT
EXERCIS E	WRITE NI A JOURNAL	READ	DANCE	TALK TO A FRIEND
PATINTING	COUNT TO TEN	FREE	LISTEN TO MUSIC	ARTS AND CRAFTS
HELP A FRIEND	TAKE A WALK	WATCH A MOVIE	DRAWING	THINK ABOUT HAPPY MEMORIES
PLAY CARDS	SEWING	THINK ABOUT LOVED ONES	VISIT YOUR FAMILY	GO OUTSIDE

B	I	N	G	O
DANCE	TAKE A WALK	COOKING	SEWING	COUNT TO TEN
WATCH A MOVIE	PATINTING	PLAY CARDS	VISIT YOUR FAMILY	READ
THINK ABOUT LOVED ONES	DRAWING	FREE	THINK ABOUT HAPPY MEMORIES	HELP A FRIEND
WATCH TV	TALK TO A FRIEND	TALK TO STAFF	WRITE NI A JOURNAL	EXERCIS E
LISTEN TO MUSIC	ARTS AND CRAFTS	TAKE A TIME OUT	DEEP BREATHING	GO OUTSIDE