| B | I | N | G | O |
|---|---|---|---|---|
| Watch TV | Arts and Crafts | Go outside | Talk to a friend | Rip up paper |
| Deep breathing | Visit your family | Take a time out | Cooking | Think about loved ones |
| Watch a movie | Count to 10 | Painting | Play cards | Think about happy memories |
| Read | Take a walk | Help a friend | Sewing | Dance |
| Talk to staff | Drawing | Write in a journal | Excerise | Listen to music |



BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

| B | I | N | G | O |
|---|---|---|---|---|
| Watch a movie | Count to 10 | Think about loved ones | Cooking | Dance |
| Excerise | Think about happy memories | Painting | Rip up paper | Take a walk |
| Deep breathing | Go outside | Take a time out | Sewing | Watch TV |
| Read | Drawing | Visit your family | Help a friend | Talk to a friend |
| Talk to staff | Write in a journal | Listen to music | Arts and Crafts | Play cards |



BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

| B | I | N | G | O |
|---|---|---|---|---|
| Think about happy memories | Sewing | Drawing | Excerise | Help a friend |
| Dance | Listen to music | Deep breathing | Painting | Watch TV |
| Read | Talk to staff | Take a time out | Count to 10 | Visit your family |
| Watch a movie | Take a walk | Write in a journal | Cooking | Arts and Crafts |
| Play cards | Think about loved ones | Talk to a friend | Go outside | Rip up paper |



BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved