

B	I	N	G	O
Watch TV	Arts and Crafts	Go outside	Talk to staff	Play cards
Drawing	Visit your family	Take a time out	Bath	Talk to a friend
Think about loved ones	Watch a movie	FREE	Count to 10	Listen to music
Meditat	Think about happy memories	Painting	Hug	Read
Help a friend	Deep breathing	Take a walk	Write in a journal	Excerise

B	I	N	G	O
Watch a movie	Bath	Talk to staff	Drawing	Take a time out
Go outside	Write in a journal	Play cards	Deep breathing	Talk to a friend
Meditat	Count to 10	FREE	Listen to music	Arts and Crafts
Hug	Take a walk	Watch TV	Excerise	Think about happy memories
Painting	Read	Think about loved ones	Visit your family	Help a friend

B	I	N	G	O
Deep breathing	Take a walk	Bath	Read	Count to 10
Watch TV	Meditat	Painting	Visit your family	Play cards
Think about loved ones	Excerise	FREE	Think about happy memories	Hug
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Go outside
Listen to music	Arts and Crafts	Take a time out	Drawing	Help a friend