

B	I	N	G	O
Watch TV	Access higher self	Drawing	Take a time out	Playing Cards
Dance	Visit Family	Self Love	Animal Therapy	Thought Challenge
Arts and Crafts	Running	FREE	Lifting weights	Video Games
Listen to music	Talk to staff	Painting	Sewing	Friend Talk
Emotional Release	Read	Cooking	Count to 10	Take a walk

B	I	N	G	O
Grounding	Arts and Crafts	Lifting weights	Visit Family	Animal Therapy
Watch TV	Video Games	Running	Take a time out	Read
Listen to music	Playing Cards	FREE	Dance	Drawing
Self Love	Watch a movie	Take a walk	Talk to staff	Cooking
Count to 10	Sewing	Access higher self	Painting	Write in a Journal

B	I	N	G	O
Watch a movie	Deep breathing	Arts and Crafts	Take a walk	Dance
Running	Distraction	Write in a Journal	Animal Therapy	Watch TV
Painting	Count to 10	FREE	Take a time out	Lifting weights
Drawing	Grounding	Access higher self	Emotional Release	Read
Sewing	Visit Family	Talk to staff	Listen to music	Thought Challenge