

B	I	N	G	O
Watch TV	Arts and Crafts	Help a friend	Talk to staff	Take Time Away
Drawing	Visit your family	Take a walk	Cooking	Think about happy memories
Count to 10	Take a time out	FREE	Play cards	Think about loved ones
Read	Tear up Paper	Sewing	Talk to a friend	Painting
Listen to music	Take a Run	Dance	Deep breathing	Talk to staff

B	I	N	G	O
Play a Game	Count to 10	Play cards	Visit your family	Cooking
Watch TV	Think about loved ones	Take a time out	Talk to staff	Take a Run
Read	Take Time Away	FREE	Drawing	Help a friend
Take a walk	Watch a movie	Talk to staff	Tear up Paper	Dance
Deep breathing	Talk to a friend	Arts and Crafts	Sewing	Write in a journal

B	I	N	G	O
Watch a movie	Excerise	Count to 10	Talk to staff	Drawing
Take a time out	Go outside	Write in a journal	Cooking	Watch TV
Sewing	Deep breathing	FREE	Talk to staff	Play cards
Help a friend	Play a Game	Arts and Crafts	Listen to music	Take a Run
Talk to a friend	Visit your family	Tear up Paper	Read	Think about happy memories