

B	I	N	G	O
Watch TV	Cooking	Arts and Crafts	Go outside	Talk to staff
Take Time Away	Drawing	Think about loved ones	Take a time out	Excerise
Talk to a friend	Think about happy memories	FREE	Dance	Take a Run
Play a Game	Play cards	Talk to staff	Sewing	Take a walk
Tear up Paper	Painting	Listen to music	Take a Nap	Help a friend

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

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