

B	I	N	G	O
Write yourself a letter	Bake	Go for a walk	Talk to Staff	Stretch
Color	Write positive affirmations	Take a hot shower	Call a Friend	Write compliments about someone
Yoga	Call a friend	FREE	Paint your Nails	Rip paper into pieces
Write a letter	Run	Take deep breaths	Listen to music	Take a hot bath
Clean	Write a Letter	Do a puzzle	sing	Draw

B	I	N	G	O
Yoga	sing	Call a Friend	Run	Color
Talk to Staff	Rip paper into pieces	Go for a walk	Take a hot bath	Call a friend
Paint your Nails	Bake	FREE	Listen to music	Take deep breaths
Draw	Write yourself a letter	Do a puzzle	Write a letter	Clean
Stretch	Meditate	Write compliments about someone	Take a hot shower	Write positive affirmations

B	I	N	G	O
Write a letter	Listen to music	Yoga	Draw	Talk to Staff
Write a Letter	Write compliments about someone	sing	Run	Call a friend
Take deep breaths	Call a Friend	FREE	Paint your Nails	Go for a walk
Meditate	Stretch	Clean	Bake	Write yourself a letter
Write positive affirmations	Take a hot shower	Rip paper into pieces	Take a hot bath	Do a puzzle