

B	I	N	G	O
Think about loved ones	Arts and Crafts	Exercise	Take a walk	Play cards
Dance	Think about happy memories	Read	Ask for a hug	Talk to staff
Watch a movie	Cooking	FREE	Make a phone call	Origami
Talk to a friend	Painting	Take a time out	Help a friend	Play with play dough
Count to 10	Take space	Deep breathing	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Write in a journal	Ask for a hug	Painting	Dance
Take a walk	Origami	Exercise	Play with play dough	Cooking
Make a phone call	Arts and Crafts	FREE	Help a friend	Take a time out
Drawing	Think about loved ones	Deep breathing	Talk to a friend	Count to 10
Play cards	Listen to music	Talk to staff	Read	Think about happy memories

B	I	N	G	O
Talk to a friend	Help a friend	Watch a movie	Drawing	Take a walk
Take space	Talk to staff	Write in a journal	Painting	Cooking
Take a time out	Ask for a hug	FREE	Make a phone call	Exercise
Listen to music	Play cards	Count to 10	Arts and Crafts	Think about loved ones
Think about happy memories	Read	Origami	Play with play dough	Deep breathing