

B	I	N	G	O
Think about loved ones	Arts and Crafts	Drawing	Taking a Walk	Origami
Dance	Talk to staff	Play cars	Ask for a hug	Read
Talk to a friend	Watch a movie	FREE	Cooking	Help a friend
Listening to Music	Taking a time out	Making a phone call	Exercise	Painting
Drawing	Count to 10	Play with play dough	write in a journal	Deep breaths

B	I	N	G	O
Watch a movie	Ask for a hug	Taking a Walk	Dance	Play cars
Drawing	write in a journal	Origami	Count to 10	Read
Listening to Music	Cooking	FREE	Help a friend	Arts and Crafts
Exercise	Play with play dough	Think about loved ones	Deep breaths	Taking a time out
Making a phone call	Painting	Talk to a friend	Talk to staff	Drawing

B	I	N	G	O
Count to 10	Play with play dough	Ask for a hug	Painting	Cooking
Think about loved ones	Listening to Music	Making a phone call	Talk to staff	Origami
Talk to a friend	Deep breaths	FREE	Taking a time out	Exercise
Watch a movie	Read	Taking a Walk	write in a journal	Drawing
Help a friend	Arts and Crafts	Play cars	Dance	Drawing