

B	I	N	G	O
Use a Stress Ball	Arts and Crafts	Go Outside	Talk with Staff	Play with a Pet
Deep Breathing	Use Positive Self-Talk Start a Hobby Project	Read a Book	Clean Your Room	Take a Shower
Try Something New	Wash Your Clothes	FREE	Cook	Muscle Relaxation
Play Cards	Think About Happy Memories Talk to a Friend	Play a Game	Listen to Music	Pray or Meditate
Let Yourself Cry	Dance	Take Space	Write in a Journal	Exercise

B	I	N	G	O
Wash Your Clothes	Clean Your Room	Talk with Staff	Deep Breathing	Read a Book
Go Outside	Write in a Journal	Play with a Pet	Dance	Take a Shower
Play Cards	Cook	FREE	Muscle Relaxation	Arts and Crafts
Listen to Music	Take Space	Use a Stress Ball	Exercise	Think About Happy Memories Talk to a Friend
Play a Game	Pray or Meditate	Try Something New	Use Positive Self-Talk Start a Hobby Project	Let Yourself Cry

B	I	N	G	O
Dance	Take Space	Clean Your Room	Pray or Meditate	Cook
Use a Stress Ball	Play Cards	Play a Game	Use Positive Self-Talk Start a Hobby Project	Play with a Pet
Try Something New	Exercise	FREE	Think About Happy Memories Talk to a Friend	Listen to Music
Wash Your Clothes	Take a Shower	Talk with Staff	Write in a Journal	Go Outside
Muscle Relaxation	Arts and Crafts	Read a Book	Deep Breathing	Let Yourself Cry