

B	I	N	G	O
Watch TV	Arts and Crafts	Exercise	Talk to a friend	Read
Dance	Visit your family	Take a time out	Call sober contact	Think about loved ones
Watch a movie	Cooking	FREE	Listen to music	Painting
Think about happy memories	Play cards	Take a walk	Go outside	Sewing
Count to 10	Talk to staff	Deep breathing	Write in a journal	Drawing

B	I	N	G	O
Watch a movie	Write in a journal	Call sober contact	Play cards	Dance
Talk to a friend	Painting	Excerise	Sewing	Cooking
Listen to music	Arts and Crafts	FREE	Go outside	Take a walk
Drawing	Watch TV	Deep breathing	Think about happy memories	Count to 10
Read	Help a friend	Think about loved ones	Take a time out	Visit your family

B	I	N	G	O
Think about happy memories	Go outside	Watch a movie	Drawing	Talk to a friend
Talk to staff	Think about loved ones	Write in a journal	Play cards	Cooking
Take a walk	Call sober contact	FREE	Listen to music	Excerise
Help a friend	Read	Count to 10	Arts and Crafts	Watch TV
Visit your family	Take a time out	Painting	Sewing	Deep breathing