

B	I	N	G	O
Telling a Joke	Asking for Space	Jogging	Shopping	Mowing the Yard
Dancing	Taking a Walk	Progressive Relaxation	Baking	Smelling Flowers
Cleaning	Petting a Dog/Cat	FREE	Making Music	Spending Time with Friends
Meditation	Sleep	Mindfulness	Reading	Listening to Birds Chirp
Journaling	Painting	Coloring	Cooking	Singing

B	I	N	G	O
Listening to Music	Cleaning	Making Music	Taking a Walk	Baking
Telling a Joke	Spending Time with Friends	Petting a Dog/Cat	Shopping	Painting
Meditation	Mowing the Yard	FREE	Dancing	Jogging
Progressive Relaxation	Watching a Movie	Singing	Sleep	Coloring
Cooking	Reading	Asking for Space	Mindfulness	Watching the Sunset

B	I	N	G	O
Watching a Movie	Deep Breathing	Cleaning	Singing	Dancing
Petting a Dog/Cat	Exercise	Watching the Sunset	Baking	Telling a Joke
Mindfulness	Cooking	FREE	Shopping	Making Music
Jogging	Listening to Music	Asking for Space	Journaling	Painting
Reading	Taking a Walk	Sleep	Meditation	Smelling Flowers