

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

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