

B	I	N	G	O
Watch a movie	Clean/organize a space	Exercise	Take a walk	Listen to music
Dance	Watch TV	Play cards	Computer	Visit your family
Write in a journal	Cooking	FREE	Go to the library	Help a friend
Think about loved ones	Listen to music	Sewing	Gardening	Painting
Count to 10	Think about happy memories	Deep breathing	Yoga	Drawing

B	I	N	G	O
Write in a journal	Yoga	Computer	Listen to music	Dance
Take a walk	Help a friend	Exercise	Painting	Cooking
Go to the library	Clean/organize a space	FREE	Gardening	Sewing
Drawing	Watch a movie	Deep breathing	Think about loved ones	Count to 10
Listen to music	Go outside	Visit your family	Play cards	Watch TV

B	I	N	G	O
Think about loved ones	Gardening	Write in a journal	Drawing	Take a walk
Think about happy memories	Visit your family	Yoga	Listen to music	Cooking
Sewing	Computer	FREE	Go to the library	Exercise
Go outside	Listen to music	Count to 10	Clean/organize a space	Watch a movie
Watch TV	Play cards	Help a friend	Painting	Deep breathing