

B	I	N	G	O
Watch TV	Arts and Crafts	Aromatherapy	Eat your favorite dessert	Take a shower
Painting	Dance	Visit your family	Positive Affirmations	Baking
Sing	Think about happy memories	FREE	Watch a funny movie	Call a friend
Play with your pet	Help a friend	Think about loved ones	Learn a new hobby	Take a walk
Listen to music	Read	Get dressed up	Gardening	Play cards

B	I	N	G	O
Learn a new hobby	Excerise	Call a friend	Cooking	Play with your pet
Play a game	Painting	Baking	Think about loved ones	Take a shower
Go outside	Help a friend	FREE	Visit your family	Watch a funny movie
Arts and Crafts	Play cards	Dance	Read	Watch a movie
Take a time out	Sing	Positive Affirmations	Take a walk	Count to 10

B	I	N	G	O
Read	Play a game	Dance	Sing	Play cards
Arts and Crafts	Go outside	Aromatherapy	Painting	Watch TV
Cooking	Write in a journal	FREE	Watch a movie	Deep breathing
Baking	Take a shower	Play with your pet	Drawing	Watch a funny movie
Count to 10	Learn a new hobby	Eat your favorite dessert	Call a friend	Gardening