

B	I	N	G	O
Watch TV	Arts and Crafts	Aromatherapy	Excerise	Smile
Painting	Dance	Visit your family	Positive Affirmations	Baking
Think about happy memories	Watch a funny movie	FREE	Call a friend	Play with your pet
Go outside	Learn a new hobby	Take a time out	Listen to music	Sing
Take a walk	Get dressed up	Help a friend	Play cards	Gardening

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

B	I	N	G	O
Play cards	Arts and Crafts	Go outside	Aromatherapy	Painting
Dance	Play with your pet	Watch TV	Cooking	Write in a journal
Watch a movie	Deep breathing	FREE	Baking	Take a shower
Positive Affirmations	Eat your favorite dessert	Watch a funny movie	Count to 10	Smile
Help a friend	Exercise	Call a friend	Learn a new hobby	Get dressed up