

B	I	N	G	O
Watch TV	Arts and Crafts	Aromatherapy	Gardening	Sing
Painting	Deep breathing	Think about loved ones	Positive Affirmations	Baking
Think about happy memories	Watch a funny movie	FREE	Call a friend	Play with your pet
Learn a new hobby	Listen to music	Take a shower	Meditate	Read
Take a walk	Give someone a compliment	Play a game	Get dressed up	Cooking

B	I	N	G	O
Count to 10	Play with your pet	Painting	Meditate	Call a friend
Think about happy memories	Smile	Learn a new hobby	Listen to music	Think about loved ones
Baking	Watch a funny movie	FREE	Arts and Crafts	Sing
Play a game	Play cards	Deep breathing	Gardening	Put a puzzle together
Positive Affirmations	Take a time out	Cooking	Dance	Read

B	I	N	G	O
Play cards	Arts and Crafts	Help a friend	Aromatherapy	Meditate
Deep breathing	Watch TV	Cooking	Write in a journal	Watch a movie
Drawing	Call a friend	FREE	Smile	Positive Affirmations
Exercise	Painting	Dance	Baking	Sing
Listen to music	Gardening	Play with your pet	Give someone a compliment	Read