

B	I	N	G	O
Watch TV/Movie	Call a crisis hotline	Count to 10	Remember a time you felt happy	Play a game
Color/Draw	Treat yourself	Positive self-talk	Call a family member	Read a book
Talk to a friend	Word searches/ Crossword Puzzles	FREE	Call your case manager	Go for a walk
Listen to music	Take a nap	Meditate	Exercise	Positive imagery
Deep breathing	Clean your living space	Pray/Read Bible	Write in a journal	Cooking

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Word searches/ Crossword Puzzles	Call a family member	Remember a time you felt happy	Color/Draw	Positive self-talk
Count to 10	Write in a journal	Play a game	Clean your living space	Read a book
Listen to music	Call your case manager	FREE	Go for a walk	Call a crisis hotline
Exercise	Pray/Read Bible	Watch TV/Movie	Cooking	Take a nap
Meditate	Positive imagery	Talk to a friend	Treat yourself	Deep breathing

B	I	N	G	O
Clean your living space	Pray/Read Bible	Call a family member	Positive imagery	Call your case manager
Watch TV/Movie	Listen to music	Meditate	Treat yourself	Play a game
Talk to a friend	Cooking	FREE	Take a nap	Exercise
Word searches/ Crossword Puzzles	Read a book	Remember a time you felt happy	Write in a journal	Count to 10
Go for a walk	Call a crisis hotline	Positive self-talk	Color/Draw	Deep breathing