

|                 |                            |                     |                    |                |
|-----------------|----------------------------|---------------------|--------------------|----------------|
| <b>B</b>        | <b>I</b>                   | <b>N</b>            | <b>G</b>           | <b>O</b>       |
| Watch TV        | Arts and Crafts            | Drawing             | Take a walk        | Painting       |
| Dance           | Think about happy memories | Read                | Color              | Take a break   |
| Talk to staff   | Write a letter             | <b>FREE</b>         | Cooking            | Help a friend  |
| Listen to music | Talk to a friend           | Meditate            | Go outside         | Play cards     |
| Exercise        | Count to 10                | Say Positive Things | Write in a journal | Deep breathing |

|                 |                     |               |                            |                  |
|-----------------|---------------------|---------------|----------------------------|------------------|
| <b>B</b>        | <b>I</b>            | <b>N</b>      | <b>G</b>                   | <b>O</b>         |
| Write a letter  | Color               | Take a walk   | Dance                      | Read             |
| Drawing         | Write in a journal  | Painting      | Count to 10                | Take a break     |
| Listen to music | Cooking             | <b>FREE</b>   | Help a friend              | Arts and Crafts  |
| Go outside      | Say Positive Things | Watch TV      | Deep breathing             | Talk to a friend |
| Meditate        | Play cards          | Talk to staff | Think about happy memories | Exercise         |

|                |                     |             |                            |            |
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| Count to 10    | Say Positive Things | Color       | Play cards                 | Cooking    |
| Watch TV       | Listen to music     | Meditate    | Think about happy memories | Painting   |
| Talk to staff  | Deep breathing      | <b>FREE</b> | Talk to a friend           | Go outside |
| Write a letter | Take a break        | Take a walk | Write in a journal         | Drawing    |
| Help a friend  | Arts and Crafts     | Read        | Dance                      | Exercise   |