

B	I	N	G	O
Watch TV	Challenge negative thoughts	Arts and Crafts	Excerise	Talk to a friend
Pray	Deep breathing	Visualization / Imagery	Smile	Visit your family
Watch a movie	Cooking	FREE	Sing	Make a list of PROS & CONS
Painting	Think about happy memories	Practice mindfulness	Take a walk	Think about loved ones
Help a friend	Read	Go outside	Count to 10	Coloring

B	I	N	G	O
Visit your family	Count to 10	Talk to staff	Make a list of PROS & CONS	Cooking
Painting	Visualization / Imagery	Coloring	Watch a movie	Challenge negative thoughts
Sing	Talk to a friend	FREE	Read	Play cards
Pray	Deep breathing	Excerise	Take a time out	Write a letter but don't send it
Smile	Think about happy memories	Dance	Take a walk	Arts and Crafts

B	I	N	G	O
Practice mindfulness	Deep breathing	Sing	Watch TV	Count to 10
Write in a journal	Write a letter but don't send it	Do something relaxing	Coloring	Talk to a friend
Smile	Drawing	FREE	Challenge negative thoughts	Watch a movie
Pray	Dance	Painting	Exercise	Cooking
Make a list of PROS & CONS	Help a friend	Take a walk	Take a time out	Think about happy memories