

B	I	N	G	O
Watch TV	Art and crafts	Go outside	Talk to staff	Read
Draw	Visit your family	Start a new project	Cook	Talk to friend
Use positive self-talk	Write in a journal	FREE	Dance	Play cards
Play with your pet	Use a stress ball	Pray/meditate	Muscle relaxation	Scream into a pillow
Listen to music	Deep breath	Stop and think	Yoga	Exercise

B	I	N	G	O
Write in a journal	Cook	Talk to staff	Draw	Start a new project
Go outside	Yoga	Read	Deep breath	Talk to friend
Play with your pet	Dance	FREE	Play cards	Art and crafts
Muscle relaxation	Stop and think	Watch TV	Exercise	Use a stress ball
Pray/meditate	Scream into a pillow	Use positive self-talk	Visit your family	Listen to music

B	I	N	G	O
Deep breath	Stop and think	Cook	Scream into a pillow	Dance
Watch TV	Play with your pet	Pray/meditate	Visit your family	Read
Use positive self-talk	Exercise	FREE	Use a stress ball	Muscle relaxation
Write in a journal	Talk to friend	Talk to staff	Yoga	Go outside
Play cards	Art and crafts	Start a new project	Draw	Listen to music