

B	I	N	G	O
Visit your family	Arts and Crafts	Excerise	Talk to a friend	Play videogames
Deep breathing	Think about loved ones	Smoke marijuana	Cooking	Take a walk
Think about happy memories	Watch Netflix	FREE	Count to 10	Listen to music
Painting	Talk to staff	Play cards	Help a friend	Read
Go outside	Dance	Take a time out	Write in a journal	Drawing

B	I	N	G	O
Watch Netflix	Cooking	Talk to a friend	Deep breathing	Smoke marijuana
Excerise	Write in a journal	Play videogames	Dance	Take a walk
Painting	Count to 10	FREE	Listen to music	Arts and Crafts
Help a friend	Take a time out	Visit your family	Drawing	Talk to staff
Play cards	Read	Think about happy memories	Think about loved ones	Go outside

B	I	N	G	O
Dance	Take a time out	Cooking	Read	Count to 10
Visit your family	Painting	Play cards	Think about loved ones	Play videogames
Think about happy memories	Drawing	FREE	Talk to staff	Help a friend
Watch Netflix	Take a walk	Talk to a friend	Write in a journal	Excerise
Listen to music	Arts and Crafts	Smoke marijuana	Deep breathing	Go outside