

B	I	N	G	O
Watch Netflix	Act sick/ill	Exercise	Talk to staff	Read
Deep breathing	Visit your family	Take a time out	Arts and Crafts	Talk to a friend
Use Social Media	Write in a journal	FREE	Cooking	Laugh/Giggle
Dance	Listen to music	Think about happy memories	Play video-games	Think about loved ones
Help a friend	Smoke marijuana	Go outside	Count to 10	Take a walk

B	I	N	G	O
Write in a journal	Think about happy memories	Talk to a friend	Take a walk	Think about loved ones
Cooking	Dance	Read	Deep breathing	Smoke marijuana
Arts and Crafts	Hide in bathroom/stairs	FREE	Act sick/ill	Play video-games
Watch Netflix	Count to 10	Zone out	Talk to staff	Take a time out
Exercise	Laugh/Giggle	Listen to music	Help a friend	Visit your family

B	I	N	G	O
Deep breathing	Think about loved ones	Listen to music	Talk to staff	Act sick/ill
Write in a journal	Talk to a friend	Exercise	Dance	Smoke marijuana
Laugh/Giggle	Hide in bathroom/stairs	FREE	Cooking	Arts and Crafts
Count to 10	Use Social Media	Read	Go outside	Take a walk
Visit your family	Watch Netflix	Play video-games	Help a friend	Drawing