

B	I	N	G	O
Watch TV	Arts and Crafts	Exercise	Talk to a Friend	Read
Deep Breathing	Visit Your Family	Take a Time Out	Cooking	Talk to Staff
Think About Loved Ones	Watch a Movie	FREE	Count to 10	Listen to Music
Painting	Think About Happy Memories	Play Cards	Help a Friend	Sewing
Go Outside	Dance	Take a Walk	Write in a Journal	Drawing

B	I	N	G	O
Watch a Movie	Cooking	Talk to a Friend	Deep Breathing	Take a Time Out
Exercise	Write in a Journal	Read	Dance	Talk to Staff
Painting	Count to 10	FREE	Listen to Music	Arts and Crafts
Help a Friend	Take a Walk	Watch TV	Drawing	Think About Happy Memories
Play Cards	Sewing	Think About Loved Ones	Visit Your Family	Go Outside

B	I	N	G	O
Dance	Take a Walk	Cooking	Sewing	Count to 10
Watch TV	Painting	Play Cards	Visit Your Family	Read
Think About Loved Ones	Drawing	FREE	Think About Happy Memories	Help a Friend
Watch a Movie	Talk to Staff	Talk to a Friend	Write in a Journal	Exercise
Listen to Music	Arts and Crafts	Take a Time Out	Deep Breathing	Go Outside