

B	I	N	G	O
Watch a movie	Arts and Crafts	Go outside	Talk to staff	Read
Deep breathing	Watch TV	Take a walk	Cooking	Visit your family
Write a letter	Count to 10	FREE	Muscle relaxation	Painting
Think about loved ones	Play cards	Talk to a friend	Help a friend	Take a time out
Dance	Think about happy memories	Drawing	Write in a journal	Exercise

B	I	N	G	O
Write a letter	Write in a journal	Cooking	Play cards	Deep breathing
Talk to staff	Painting	Go outside	Take a time out	Count to 10
Muscle relaxation	Arts and Crafts	FREE	Help a friend	Talk to a friend
Exercise	Watch a movie	Drawing	Think about loved ones	Dance
Read	Listen to music	Visit your family	Take a walk	Watch TV

B	I	N	G	O
Think about loved ones	Help a friend	Write a letter	Exercise	Talk to staff
Think about happy memories	Visit your family	Write in a journal	Play cards	Count to 10
Talk to a friend	Cooking	FREE	Muscle relaxation	Go outside
Listen to music	Read	Dance	Arts and Crafts	Watch a movie
Watch TV	Take a walk	Painting	Take a time out	Drawing