

B	I	N	G	O
Watch TV	Clean	Arts and Crafts	Go out to eat	Take a walk
Play cards	Deep breathing	Think about loved ones	Sing a song	Think about happy memories
Cooking	Meditation/prayer	FREE	Dance	Painting
Talk to staff	Petting a dog/cat/pet	Take a time out	Tell jokes	Help a friend
Go outside	Read	Count to 10	Sewing	Color

B	I	N	G	O
Think about happy memories	Count to 10	Talk to a friend	Meditation/prayer	Cooking
Painting	Think about loved ones	Clean	Watch TV	Sing a song
Take a walk	Read	FREE	Color	Sewing
Deep breathing	Go out to eat	Sleep	Watch a movie	Talk to staff
Dance	Take a time out	Arts and Crafts	Play cards	Visit your family

B	I	N	G	O
Count to 10	Write in a journal	Watch a movie	Deep breathing	Color
Talk to a friend	Sing a song	Exercise	Clean	Watch TV
Play cards	Dance	FREE	Take a walk	Painting
Go out to eat	Sewing	Meditation/ prayer	Go outside	Take a time out
Visit your family	Drawing	Talk to staff	Petting a dog/cat/pet	Arts and Crafts