

B	I	N	G	O
Watch a movie	Clean the house	Arts and Crafts	Go outside	Take a walk
Rearrange your furniture	Deep breathing	Visit your family	Sewing	Color coordinate your wardrobe
Think about loved ones	Work in the garden	FREE	Complete something on your "to-do" list	Painting
Try to make as many words as possible from letters in your name	Play cards	Talk to staff	Pray	Take a hot shower/bath
Take a time out	Listen to music	Help a friend	Rip paper into pieces	Go shopping

B	I	N	G	O
Cooking	Count to 10	Search for funny things on YouTube	Rearrange your furniture	Read
Complete something on your "to-do" list	Try to make as many words as possible from letters in your name	Talk to a friend	Painting	Play a game with your children
Visit your family	Color coordinate your wardrobe	FREE	Work in the garden	Clean the house
Sewing	Take a walk	Rip paper into pieces	Play cards	Drawing
Go outside	Take a hot shower/bath	Take a time out	Take A Nap	Think about happy memories

B	I	N	G	O
Cooking	Dance	Take a hot shower/bath	Rearrange your furniture	Deep breathing
Take a time out	Rip paper into pieces	Clean the house	Painting	Arts and Crafts
Read	Search for funny things on YouTube	FREE	Watch a movie	Count to 10
Write in a journal	Write a list of goals	Drawing	Complete something on your "to-do" list	Talk to a friend
Sewing	Go for a drive	Work in the garden	Color coordinate your wardrobe	Take a walk