

B	I	N	G	O
Watch a movie	Arts and Crafts	Help a friend	Talk to staff	Sewing
Drawing	Watch TV	Take a walk	Cooking	Visit your family
Count to 10	Take a time out	FREE	Painting	Visualize your happy place
Play cards	Think about loved ones	Read	Talk to a friend	Learn something new
Laugh	Sing	Dance	Deep breathing	Think about happy memories

B	I	N	G	O
Listen to music	Count to 10	Painting	Watch TV	Cooking
Watch a movie	Visualize your happy place	Take a time out	Talk to staff	Sing
Play cards	Sewing	FREE	Drawing	Help a friend
Take a walk	Write in a journal	Think about happy memories	Think about loved ones	Dance
Deep breathing	Talk to a friend	Arts and Crafts	Read	Yoga

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