

B	I	N	G	O
cooking	Arts & crafts	Exercise	Think about loved ones	Take a time out
Deep breathing	Watch a movie	Take a walk	Cooking	Talk to a friend
Watch TV	go outside	FREE	Count to 10	Painting
Play Cards	Visit your family	Read	Listening to music	Take a time out
Help a friend	Deep Breathing	Talk to Pressley Ridge	sewing	Drawing

B	I	N	G	O
go outside	Cooking	Think about loved ones	Deep breathing	Take a walk
Exercise	sewing	Take a time out	Deep Breathing	Talk to a friend
Play Cards	Count to 10	FREE	Painting	Arts & crafts
Listening to music	Talk to Pressley Ridge	cooking	Drawing	Visit your family
Read	Take a time out	Watch TV	Watch a movie	Help a friend

B	I	N	G	O
Deep Breathing	Talk to Pressley Ridge	Cooking	Take a time out	Count to 10
cooking	Play Cards	Read	Watch a movie	Take a time out
Watch TV	Drawing	FREE	Visit your family	Listening to music
go outside	Talk to a friend	Think about loved ones	sewing	Exercise
Painting	Arts & crafts	Take a walk	Deep breathing	Help a friend