

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

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

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