

B	I	N	G	O
Walk	Arts and Crafts	Draw	Talk to Staff	Play Cards
Dance	Visit Family	Run	Call a Friend	Take a Timeout
Think about Loved Ones	Write in Journal	FREE	Cook	Help someone
Listen to Music	Think about Happy memories	Painting	Go Outside	Read
Exercise	Count to Ten	Sewing	watch TV	Deep Breathing

B	I	N	G	O
Write in Journal	Call a Friend	Talk to Staff	Dance	Run
Draw	watch TV	Play Cards	Count to Ten	Take a Timeout
Listen to Music	Cook	FREE	Help someone	Arts and Crafts
Go Outside	Sewing	Walk	Deep Breathing	Think about Happy memories
Painting	Read	Think about Loved Ones	Visit Family	Exercise

B	I	N	G	O
Count to Ten	Sewing	Call a Friend	Read	Cook
Walk	Listen to Music	Painting	Visit Family	Play Cards
Think about Loved Ones	Deep Breathing	FREE	Think about Happy memories	Go Outside
Write in Journal	Take a Timeout	Talk to Staff	watch TV	Draw
Help someone	Arts and Crafts	Run	Dance	Exercise