

B	I	N	G	O
Use Positive Self-Talk	Call a Friend or Family Member	Exercise	Take a Break	Play with Pets
Count to 10	Take a Walk	Ride a Bike	Clean the House	Stop & Think
Take a Nap	Watch a Movie	FREE	Color in a Coloring Book	Go to Program
Imagine a Calm Place	Take a Deep Breath	Listen to Music	Go Swimming	Read a Book or Magazine
Go Shopping	Cook or Bake	Sing a Song	Write	Count to 50

B	I	N	G	O
Watch a Movie	Clean the House	Take a Break	Count to 10	Ride a Bike
Exercise	Write	Play with Pets	Cook or Bake	Stop & Think
Imagine a Calm Place	Color in a Coloring Book	FREE	Go to Program	Call a Friend or Family Member
Go Swimming	Sing a Song	Use Positive Self-Talk	Count to 50	Take a Deep Breath
Listen to Music	Read a Book or Magazine	Take a Nap	Take a Walk	Go Shopping

B	I	N	G	O
Cook or Bake	Sing a Song	Clean the House	Read a Book or Magazine	Color in a Coloring Book
Use Positive Self-Talk	Imagine a Calm Place	Listen to Music	Take a Walk	Play with Pets
Take a Nap	Count to 50	FREE	Take a Deep Breath	Go Swimming
Watch a Movie	Stop & Think	Take a Break	Write	Exercise
Go to Program	Call a Friend or Family Member	Ride a Bike	Count to 10	Go Shopping