

B	I	N	G	O
WATCH A MOVIE	ARTS AND CRAFTS	EXERCIS E	TALK TO FRIEND	READ
DEEP BREATHING	VISIT YOUR FAMILY	TAKE A TIME OUT	COOKING	TALK TO COUNSELOR
THINK ABOUT LOVED ONES	WATCH TV	FREE	COUNT TO 10	LISTEN TO MUSIC
MEDITATE	THINK ABOUT HAPPY MEMORIES	PAINTING	HELP A FRIEND	SEWING
GO OUTSIDE	DANCE	TAKE A WALK	WRITE IN A JOURNAL	DRAWING

B	I	N	G	O
WATCH TV	COOKING	TALK TO FRIEND	DEEP BREATHING	TAKE A TIME OUT
EXERCIS E	WRITE IN A JOURNAL	READ	DANCE	TALK TO COUNSELOR
MEDITATE	COUNT TO 10	FREE	LISTEN TO MUSIC	ARTS AND CRAFTS
HELP A FRIEND	TAKE A WALK	WATCH A MOVIE	DRAWING	THINK ABOUT HAPPY MEMORIES
PAINTING	SEWING	THINK ABOUT LOVED ONES	VISIT YOUR FAMILY	GO OUTSIDE

B	I	N	G	O
DANCE	TAKE A WALK	COOKING	SEWING	COUNT TO 10
WATCH A MOVIE	MEDITATE	PAINTING	VISIT YOUR FAMILY	READ
THINK ABOUT LOVED ONES	DRAWING	FREE	THINK ABOUT HAPPY MEMORIES	HELP A FRIEND
WATCH TV	TALK TO COUNSELOR	TALK TO FRIEND	WRITE IN A JOURNAL	EXERCIS E
LISTEN TO MUSIC	ARTS AND CRAFTS	TAKE A TIME OUT	DEEP BREATHING	GO OUTSIDE