

B	I	N	G	O
Visit your family	Arts and Crafts	Go outside	Take a time out	Play cards
Deep breathing	Talk to staff	Read	Cooking	Stress ball
Talk to a friend	Watch TV	FREE	Count to 10	Journal
Listen to music	Take a walk	Meditate	Help a friend	Positive Self Talk
Grounding	Dance	Safe Harbor	Watch a movie	Exercise

B	I	N	G	O
Watch TV	Cooking	Take a time out	Deep breathing	Read
Go outside	Watch a movie	Play cards	Dance	Stress ball
Listen to music	Count to 10	FREE	Journal	Arts and Crafts
Help a friend	Safe Harbor	Visit your family	Exercise	Take a walk
Meditate	Positive Self Talk	Talk to a friend	Talk to staff	Grounding

B	I	N	G	O
Dance	Safe Harbor	Cooking	Positive Self Talk	Count to 10
Visit your family	Listen to music	Meditate	Talk to staff	Play cards
Talk to a friend	Exercise	FREE	Take a walk	Help a friend
Watch TV	Stress ball	Take a time out	Watch a movie	Go outside
Journal	Arts and Crafts	Read	Deep breathing	Grounding