

B	I	N	G	O
WALK	ARTS AND CRAFTS	GO FOR A DRIVE	SCREAM INTO A PILLOW	PLAY CARDS
DO A WORD SEARCH	TALK TO FAMILY	POSITIVE SELF-TALK	COUNT TO 10	TALK TO A FRIEND
WATCH TV	CRY	FREE	LISTEN TO MUSIC	MEDITATE
TAKE A TIME OUT	PLAY AN INSTRUMENT	READ	GUIDED IMAGERY	PLAY WITH YOUR PET
DEEP BREATHING	STOP AND THINK	DRAW ON YOURSELF WITH A MARKER	WRITE A LETTER	EXERCIS E

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WATCH TV	WRITE A LETTER	COUNT TO 10	PLAY AN INSTRUMENT	DO A WORD SEARCH
SCREAM INTO A PILLOW	MEDITATE	GO FOR A DRIVE	PLAY WITH YOUR PET	CRY
LISTEN TO MUSIC	ARTS AND CRAFTS	FREE	GUIDED IMAGERY	READ
EXERCISE	WALK	DRAW ON YOURSELF WITH A MARKER	TAKE A TIME OUT	DEEP BREATHING
PLAY CARDS	JOURNAL	TALK TO A FRIEND	POSITIVE SELF-TALK	TALK TO FAMILY

B	I	N	G	O
TAKE A TIME OUT	GUIDED IMAGERY	WATCH TV	EXERCIS E	SCREAM INTO A PILLOW
STOP AND THINK	TALK TO A FRIEND	WRITE A LETTER	PLAY AN INSTRUMENT	CRY
READ	COUNT TO 10	FREE	LISTEN TO MUSIC	GO FOR A DRIVE
JOURNAL	PLAY CARDS	DEEP BREATHING	ARTS AND CRAFTS	WALK
TALK TO FAMILY	POSITIVE SELF-TALK	MEDITATE	PLAY WITH YOUR PET	DRAW ON YOURSELF WITH A MARKER