

B	I	N	G	O
Watch TV	Arts and Crafts	Drawing	Talk to a friend	Painting
Dance	Think about loved ones	Read	Bounce a ball	Take a walk
Think about happy memories	Watch a movie	FREE	Color	Help a friend
Listen to music	Talk to staff	Meditate	Go outside	Play cards
Exercise	Count to 10	Take a time out	Write in a journal	Deep breathing

B	I	N	G	O
Watch a movie	Bounce a ball	Talk to a friend	Dance	Read
Drawing	Write in a journal	Painting	Count to 10	Take a walk
Listen to music	Color	FREE	Help a friend	Arts and Crafts
Go outside	Take a time out	Watch TV	Deep breathing	Talk to staff
Meditate	Play cards	Think about happy memories	Think about loved ones	Exercise

B	I	N	G	O
Count to 10	Take a time out	Bounce a ball	Play cards	Color
Watch TV	Listen to music	Meditate	Think about loved ones	Painting
Think about happy memories	Deep breathing	FREE	Talk to staff	Go outside
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Drawing
Help a friend	Arts and Crafts	Read	Dance	Exercise