

B	I	N	G	O
Walking			Reading	Drawing
....	Talking to a friend	Journaling		Meditation
Swimming	Watching TV	***** ***		Coloring
Coping	Singing	Dancing	Cleaning	Exercise
Breathing exercises		Listening to music	Yoga	

B	I	N	G	O
Watching TV		Reading		Journaling
....	Yoga	Drawing		Meditation
Coping		***** ***	Coloring	
Cleaning	Listening to music	Walking		Singing
Dancing	Exercise	Swimming	Talking to a friend	Breathing exercises

B	I	N	G	O
....	Listening to music		Exercise	
Walking	Coping	Dancing	Talking to a friend	Drawing
Swimming		***** ***	Singing	Cleaning
Watching TV	Meditation	Reading	Yoga	
Coloring		Journaling		Breathing exercises