

B	I	N	G	O
Watch or play with animals	Cooking	Arts and Crafts	Go outside	Talk to staff
Read	Drawing	Watch TV	Take a time out	Eat something healthy
Talk to a friend	Visit your family	FREE	Dance	Squeeze a stress ball
Meditate	Painting	Think about happy memories	Play cards	Take a walk
Think about loved ones	Look at the clouds/stars	Listen to music	Sewing	Help a friend

B	I	N	G	O
Dance	Deep breathing	Squeeze a stress ball	Read	Play cards
Count to 10	Visit your family	Talk to staff	Meditate	Painting
Watch TV	Cooking	FREE	Watch or play with animals	Sewing
Play a board game	Eat something healthy	Help a friend	Take a walk	Write a letter to someone
Talk to a friend	Take a time out	Think about loved ones	Drawing	Arts and Crafts

B	I	N	G	O
Play cards	Drawing	Squeeze a stress ball	Watch a movie	Dance
Write in a journal	Write a letter to someone	Eat something healthy	Count to 10	Talk to staff
Take a time out	Go outside	FREE	Cooking	Watch or play with animals
Read	Talk to a friend	Painting	Meditate	Listen to music
Take a walk	Think about loved ones	Play a board game	Arts and Crafts	Deep breathing