

B	I	N	G	O
Watch TV	Arts and Crafts	Exercise	Talk to a Friend	Read
Deep Breathing	Visit your Family	Take a Time out	Cooking	Talk to Staff
Think about loved ones	Watch a Movie	FREE	Count to 10	Listen to Music
Painting	Think about happy memories	Play Cards	Help a Friend	Sewing
Go Outside	Dance	Take a Walk	Write a Journal	Drawing

B	I	N	G	O
Watch a Movie	Cooking	Talk to a Friend	Deep Breathing	Take a Time out
Exercise	Write a Journal	Read	Dance	Talk to Staff
Painting	Count to 10	FREE	Listen to Music	Arts and Crafts
Help a Friend	Take a Walk	Watch TV	Drawing	Think about happy memories
Play Cards	Sewing	Think about loved ones	Visit your Family	Go Outside

B	I	N	G	O
Dance	Take a Walk	Cooking	Sewing	Count to 10
Watch TV	Painting	Play Cards	Visit your Family	Read
Think about loved ones	Drawing	FREE	Think about happy memories	Help a Friend
Watch a Movie	Talk to Staff	Talk to a Friend	Write a Journal	Exercise
Listen to Music	Arts and Crafts	Take a Time out	Deep Breathing	Go Outside