

B	I	N	G	O
Watch a movie	Arts and Crafts	Listen to music	Talk to staff	Take a bubble bath
Exercise	Watch TV	Take a walk	Cooking	Unplug from technology
Count to 10	Take a time out	FREE	Say positive affirmations	Visit your family
Sewing	Think about loved ones	Take 3 deep breaths	Talk to a friend	Play cards
Painting	Take a nap	Dance	Drawing	Think about happy memories

B	I	N	G	O
Read	Count to 10	Say positive affirmations	Watch TV	Cooking
Watch a movie	Visit your family	Take a time out	Talk to staff	Take a nap
Sewing	Take a bubble bath	FREE	Exercise	Listen to music
Take a walk	Wear your PJs all day	Think about happy memories	Think about loved ones	Dance
Drawing	Talk to a friend	Arts and Crafts	Take 3 deep breaths	Write in a journal

B	I	N	G	O
Wear your PJs all day	Go outside	Count to 10	Think about happy memories	Exercise
Take a time out	Help a friend	Write in a journal	Cooking	Watch a movie
Take 3 deep breaths	Drawing	FREE	Talk to staff	Say positive affirmations
Listen to music	Read	Arts and Crafts	Painting	Take a nap
Talk to a friend	Watch TV	Think about loved ones	Sewing	Unplug from technology