

B	I	N	G	O
WATCH A MOVIE	ARTS AND CRAFTS	GO OUTSIDE	TAKE A WALK	READ
EXERCIS E	VISUALIZE	SEWING	CLOSE YOUR EYES	TAKE A WALK
TALK TO STAFF	WATCH TV	FREE	COUNT TO 10	LISTEN TO MUSIC
PAINTING	TAKE DEEP BREATHS	PLAY CARDS	LISTEN	READ COOKING
HELP A FRIEND	DANCE	TAKE A TIME OUT	WRITE	FOCUS

B	I	N	G	O
WATCH TV	CLOSE YOUR EYES	TAKE A WALK	EXERCIS E	SEWING
GO OUTSIDE	WRITE	READ	DANCE	TAKE A WALK
PAINTING	COUNT TO 10	FREE	LISTEN TO MUSIC	ARTS AND CRAFTS
LISTEN	TAKE A TIME OUT	WATCH A MOVIE	FOCUS	TAKE DEEP BREATHS
PLAY CARDS	READ COOKING	TALK TO STAFF	VISUALIZE	HELP A FRIEND

B	I	N	G	O
DANCE	TAKE A TIME OUT	CLOSE YOUR EYES	READ COOKING	COUNT TO 10
WATCH A MOVIE	PAINTING	PLAY CARDS	VISUALIZE	READ
TALK TO STAFF	FOCUS	FREE	TAKE DEEP BREATHS	LISTEN
WATCH TV	TAKE A WALK	TAKE A WALK	WRITE	GO OUTSIDE
LISTEN TO MUSIC	ARTS AND CRAFTS	SEWING	EXERCIS E	HELP A FRIEND