

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

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

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