

B	I	N	G	O
Watch TV	Arts and Crafts	Go outside	Talk to a friend	Scream into a pillow
Drawing	Visit your family	Swim	Cooking	Take a walk
Think about happy memories	Watch a movie	FREE	Count to 10	Play video games
Read	Talk to therapist/PRP worker	Ride a bike	Play sports	Splash water on your face
Listen to music	Deep breathing	Take a shower	Write in a journal	Exercise

B	I	N	G	O
Watch a movie	Cooking	Talk to a friend	Drawing	Swim
Go outside	Write in a journal	Scream into a pillow	Deep breathing	Take a walk
Read	Count to 10	FREE	Play video games	Arts and Crafts
Play sports	Take a shower	Watch TV	Exercise	Talk to therapist/PRP worker
Ride a bike	Splash water on your face	Think about happy memories	Visit your family	Listen to music

B	I	N	G	O
Deep breathing	Take a shower	Cooking	Splash water on your face	Count to 10
Watch TV	Read	Ride a bike	Visit your family	Scream into a pillow
Think about happy memories	Exercise	FREE	Talk to therapist/PRP worker	Play sports
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Go outside
Play video games	Arts and Crafts	Swim	Drawing	Listen to music