

B	I	N	G	O
Try something new	Arts and Crafts	Do a puzzle	Take a time out	Listen to music
Cry	Think about happy memories	Pray or meditate	Clean	Sing
Talk to staff	Visit Family	FREE	Color	Go to the park
Google weird stuff	Talk to a friend	Help a friend	Exercise	Play a game
Draw	Count to 10	Read	Watch a movie	Dance

B	I	N	G	O
Visit Family	Clean	Take a time out	Cry	Pray or meditate
Do a puzzle	Watch a movie	Listen to music	Count to 10	Sing
Google weird stuff	Color	FREE	Go to the park	Arts and Crafts
Exercise	Read	Try something new	Dance	Talk to a friend
Help a friend	Play a game	Talk to staff	Think about happy memories	Draw

B	I	N	G	O
Count to 10	Read	Clean	Play a game	Color
Try something new	Google weird stuff	Help a friend	Think about happy memories	Listen to music
Talk to staff	Dance	FREE	Talk to a friend	Exercise
Visit Family	Sing	Take a time out	Watch a movie	Do a puzzle
Go to the park	Arts and Crafts	Pray or meditate	Cry	Draw