

B	I	N	G	O
Watch TV	Be kind to others	Go for a walk	Take 10 deep breaths	Listen to my music
Get away from the problem	Talk to staff	Paint	Eat Healthy	Spend time with friends
Talk to a friend	Watch a movie	FREE	Enjoy nature	Have a warm drink
Keep a positive attitude	Take care of myself	Laugh	Have a bath or shower	Make a playlist of favourite songs
Go to the shops	Exercise	Play a Game	Write a story or poem	Get help from staff

B	I	N	G	O
Watch a movie	Eat Healthy	Take 10 deep breaths	Get away from the problem	Paint
Go for a walk	Write a story or poem	Listen to my music	Exercise	Spend time with friends
Keep a positive attitude	Enjoy nature	FREE	Have a warm drink	Be kind to others
Have a bath or shower	Play a Game	Watch TV	Get help from staff	Take care of myself
Laugh	Make a playlist of favourite songs	Talk to a friend	Talk to staff	Go to the shops

B	I	N	G	O
Exercise	Play a Game	Eat Healthy	Make a playlist of favourite songs	Enjoy nature
Watch TV	Keep a positive attitude	Laugh	Talk to staff	Listen to my music
Talk to a friend	Get help from staff	FREE	Take care of myself	Have a bath or shower
Watch a movie	Spend time with friends	Take 10 deep breaths	Write a story or poem	Go for a walk
Have a warm drink	Be kind to others	Paint	Get away from the problem	Go to the shops