B	I	N	G	O
start a hobby or try something new.	Cooking	Arts and Crafts	Help a friend	Visit your family
Take a time out	Excerise	cry to self	Talk to staff	Write positive affirmations
Dance	Play cards	**FREE**	Drawing	Read
Watch a movie	Sewing	Think about loved ones	Write in a journal	Meditate
Listen to music	Take a walk	Deep breathing	Talk to a friend	Count to 10

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B	I	N	G	O
Write positive affirmations	Deep breathing	Watch TV	Play cards	Dance
Read	cry to self	Cooking	start a hobby or try something new.	Talk to staff
Visit your family	Take a walk	**FREE**	Count to 10	Talk to a friend
Excerise	Help a friend	Think about happy memories	use a stress ball	Watch a movie
Drawing	Think about loved ones	Arts and Crafts	Take a time out	play with pet

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B	I	N	G	O
Deep breathing	visit a recreational place(park)	use a stress ball	Excerise	Count to 10
Watch TV	Talk to staff	Go outside	Cooking	start a hobby or try something new.
Take a time out	Drawing	**FREE**	Visit your family	Read
Help a friend	Talk to a friend	Play cards	Listen to music	Think about loved ones
play with pet	Get a counselor	Watch a movie	Sewing	Arts and Crafts

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