

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

B	I	N	G	O
cry to self	Deep breathing	Watch a movie	Play cards	Dance
Read	play with pet	Count to 10	use a stress ball	Cooking
Talk to staff	Watch TV	FREE	Talk to a friend	Sewing
Take a walk	Excerise	Help a friend	Think about loved ones	visit a recreational place(park)
Think about happy memories	Write in a journal	Drawing	Visit your family	Arts and Crafts

B	I	N	G	O
Take a time out	Excerise	Talk to staff	start a hobby or try something new.	Deep breathing
write yourself "I love You" letters because.	visit a recreational place(park)	Get a counselor	Count to 10	Watch TV
Think about happy memories	Go outside	FREE	Cooking	use a stress ball
Take a walk	Drawing	Read	Help a friend	Dance
Play cards	Meditate	Visit your family	Think about loved ones	Write in a journal