

B	I	N	G	O
talk to co-workers	Arts and Crafts	Go outside	play with animals	Punch a pillow
Deep breathing	talk to a friend	Smell a candle	Cooking	take a walk
think about happy thoughts	Count to 10	FREE	Listen to music	Painting
take a break	Play cards	Talk to the manager	Have a snack	Self Talk
Dance	read	Drawing	write in a journal	Exercise

B	I	N	G	O
think about happy thoughts	write in a journal	Cooking	Play cards	Deep breathing
play with animals	Painting	Go outside	Self Talk	Count to 10
Listen to music	Arts and Crafts	FREE	Have a snack	Talk to the manager
Exercise	talk to co-workers	Drawing	take a break	Dance
Punch a pillow	Help a friend	take a walk	Smell a candle	talk to a friend

B	I	N	G	O
take a break	Have a snack	think about happy thoughts	Exercise	play with animals
read	take a walk	write in a journal	Play cards	Count to 10
Talk to the manager	Cooking	FREE	Listen to music	Go outside
Help a friend	Punch a pillow	Dance	Arts and Crafts	talk to co-workers
talk to a friend	Smell a candle	Painting	Self Talk	Drawing