B	I	N	G	O
Watch a movie	Arts and Crafts	Exercise	Think about happy memories	Read
Deep breathing	Watch TV	Take a walk	Blow bubbles	Talk to staff
Visit your family	Write in a journal	**FREE**	Count to 10	Listen to music
Painting	Think about loved ones	Play a game	Help a friend	Take a break
Go outside	Dance	Talk to a friend	eat a comfort food	Drawing

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Write in a journal	Blow bubbles	Think about happy memories	Deep breathing	Take a walk
Exercise	eat a comfort food	Read	Dance	Talk to staff
Painting	Count to 10	**FREE**	Listen to music	Arts and Crafts
Help a friend	Talk to a friend	Watch a movie	Drawing	Think about loved ones
Play a game	Take a break	Visit your family	Watch TV	Go outside

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Dance	Talk to a friend	Blow bubbles	Take a break	Count to 10
Watch a movie	Painting	Play a game	Watch TV	Read
Visit your family	Drawing	**FREE**	Think about loved ones	Help a friend
Write in a journal	Talk to staff	Think about happy memories	eat a comfort food	Exercise
Listen to music	Arts and Crafts	Take a walk	Deep breathing	Go outside

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved