

B	I	N	G	O
talk to staff	Dance	cry	squeeze a stress ball	play a game
Reading	talk to a friend	punch a punching bag	Go on a hike	sing
take a shower/bath	watch tv	FREE	Going to the beach	listen to music
meditate/pray	swimming	paint your nails	go for a walk	play an instrument
deep breathing	Painting	scream/yell	write in a journal	Surfing

B	I	N	G	O
watch tv	Go on a hike	squeeze a stress ball	Reading	punch a punching bag
cry	write in a journal	play a game	Painting	sing
meditate/pray	Going to the beach	FREE	listen to music	Dance
go for a walk	scream/yell	talk to staff	Surfing	swimming
paint your nails	play an instrument	take a shower/bath	talk to a friend	deep breathing

B	I	N	G	O
Painting	scream/yell	Go on a hike	play an instrument	Going to the beach
talk to staff	meditate/pray	paint your nails	talk to a friend	play a game
take a shower/bath	Surfing	FREE	swimming	go for a walk
watch tv	sing	squeeze a stress ball	write in a journal	cry
listen to music	Dance	punch a punching bag	Reading	deep breathing