

B	I	N	G	O
dance	Bake	Arts and Crafts	Go outside	Talk to a friend
Play cards	Drawing	Write in a journal	Sing	Clean
Watch TV	Count to 10	FREE	Listen to music	Do puzzles
Music	Think about loved ones	Pets	Take a time out	Visit your family
Take a walk	Hug Something	Meditate	Help a friend	Rip paper

B	I	N	G	O
Music	Go the Gym	Count to 10	Deep breathing	Sewing
Play cards	Pets	Cooking	Watch TV	Dance
Talk to staff	Listen to music	FREE	Meditate	Write in a journal
Clean	dance	Watch a movie	Talk to a friend	Read
Drawing	Go outside	Take a time out	hobbies	Take a walk

B	I	N	G	O
Sing	Think about loved ones	Count to 10	Deep breathing	Take a time out
Read	Drawing	Take a walk	Rip paper	Bake
Listen to music	Arts and Crafts	FREE	Play cards	Sewing
Yoga	Dance	pray	play with sand	Excerise
hobbies	Cooking	Talk to staff	Sing	Garden