

B	I	N	G	O
Visit your family	Call a loved one	Arts and Crafts	Go outside	Take a Hot/Cold Shower
Pray	Drawing	Think about happy memories	Read/Write Self Affirmations	Cooking
Stretch	Talk to staff	FREE	Watch TV	Count to 10
Organize your belongings	Draw a Balloon Face	Perform a Random Act of Kindness	Take a walk	Play a Board Game
Sing	Talk to a friend	Look at the Clouds	Listen to music	Put together a Puzzle

B	I	N	G	O
Perform a Random Act of Kindness	Listen to music	Dance	Deep breathing	Read
Pray	Play cards	Count to 10	Talk to staff	Take a Hot/Cold Shower
Organize your belongings	Painting	FREE	Think about happy memories	Cooking
Watch TV	Call a loved one	Drawing	Help a friend	Sewing
Take a time out	Stretch	Read/Write Self Affirmations	Take a walk	Draw a Balloon Face

B	I	N	G	O
Sing	Pray	Drawing	Put together a Puzzle	Call a loved one
Organize your belongings	Arts and Crafts	Play cards	Read	Visit your family
Dance	Write in a journal	FREE	Watch a movie	Excerise
Count to 10	Take a Hot/Cold Shower	Read/Write Self Affirmations	Gardening	Watch TV
Draw a Balloon Face	Cooking	Stretch	Painting	Go outside