

B	I	N	G	O
Workout	Call a family member	Arts and Crafts	Go for a walk	Take a walk
Play cards	Drawing	Watch a movie	Start a puzzle	Cooking
Visit your family	Write a letter	FREE	Dance	Sewing
Light a scented candle	Listen to music	Talk to staff	Plant a garden	Take a nap
Think about loved ones	Take a time out	Go to a park	Listen to a podcast	Go to a museum or gallery

B	I	N	G	O
Play with your dog or hold one of your small animals	Listen to music	Go outside	Declutter a room	Do a mindless chore
Read	Play cards	Play an instrument	Count to 10	Visit your family
Deep breathing	Take some deep breaths	FREE	Light a scented candle	Listen to a podcast
Watch a movie	Write a letter	Watch TV	Cooking	Sewing
Take a walk	Play solitaire	Dance	Excerise	Go for a walk

B	I	N	G	O
Visit your family	Take a bubble bath	Write in a journal	Talk to a friend	Take a time out
Start a puzzle	Talk to staff	Declutter a room	Do something creative	Play cards
Drawing	Take a nap	FREE	Play with your dog or hold one of your small animals	Call a family member
Light a scented candle	Arts and Crafts	Play an instrument	Read	Workout
Deep breathing	squeeze a stress ball	do some stretching	Excerise	Dance