

B	I	N	G	O
Watch TV	Arts and Crafts	Go outside	Talk to staff	Sewing
Drawing	Visit your family	Take a walk	Count to 10	Talk to a friend
Think about loved ones	Watch a movie	FREE	Dance	Painting
Play cards	Think about happy memories	Read	Listen to music	Take a time out
Help a friend	Deep breathing	Talk to Counselor	Write in a journal	Exercise

B	I	N	G	O
Watch a movie	Count to 10	Talk to staff	Drawing	Take a walk
Go outside	Write in a journal	Sewing	Deep breathing	Talk to a friend
Play cards	Dance	FREE	Painting	Arts and Crafts
Listen to music	Talk to Counselor	Watch TV	Excerise	Think about happy memories
Read	Take a time out	Think about loved ones	Visit your family	Help a friend

B	I	N	G	O
Deep breathing	Talk to Counselor	Count to 10	Take a time out	Dance
Watch TV	Play cards	Read	Visit your family	Sewing
Think about loved ones	Exercise	FREE	Think about happy memories	Listen to music
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Go outside
Painting	Arts and Crafts	Take a walk	Drawing	Help a friend