

B	I	N	G	O
Use stress ball	Art	Eat a snack	Stretch	Painting
Count to 10	Talk to staff	Play cards	Ask to take a break	Read
Talk to a friend	Write down your blessings	FREE	Color	Go outside
Help a friend	Take a walk	Listen to music	Get a drink of water	Play a game
Exercise	Control your breathing	Put together a puzzle	Write in a journal	Drawing

B	I	N	G	O
Write down your blessings	Ask to take a break	Stretch	Count to 10	Play cards
Eat a snack	Write in a journal	Painting	Control your breathing	Read
Help a friend	Color	FREE	Go outside	Art
Get a drink of water	Put together a puzzle	Use stress ball	Drawing	Take a walk
Listen to music	Play a game	Talk to a friend	Talk to staff	Exercise

B	I	N	G	O
Control your breathing	Put together a puzzle	Ask to take a break	Play a game	Color
Use stress ball	Help a friend	Listen to music	Talk to staff	Painting
Talk to a friend	Drawing	FREE	Take a walk	Get a drink of water
Write down your blessings	Read	Stretch	Write in a journal	Eat a snack
Go outside	Art	Play cards	Count to 10	Exercise