

B	I	N	G	O
Watch TV	Arts and Crafts	Go outside	Talk to a friend	Play with pets
Drawing	Visit your family	Take a time out	Cooking	Think about loved ones
Watch a movie	Count to 10	FREE	Take a shower/bath	Painting
Deep breathing	Play a game	Talk to staff	Play cards	Take a walk
Think about happy memories	Listen to music	Help a friend	Read	Dance

B	I	N	G	O
Take a shower/bath	Play with pets	Count to 10	Think about loved ones	Dance
Talk to staff	Painting	Play a game	Visit your family	Cooking
Watch a movie	Talk to a friend	FREE	Read	Drawing
Go outside	Take a time out	Think about happy memories	Deep breathing	Take a walk
Arts and Crafts	Watch TV	Write in a journal	Exercise	Help a friend

B	I	N	G	O
Take a shower/bath	Drawing	Take a walk	Exercise	Cooking
Arts and Crafts	Write in a journal	Go outside	Watch a movie	Deep breathing
Visit your family	Think about happy memories	FREE	Play cards	Talk to a friend
Dance	Read	Play a game	Painting	Count to 10
Think about loved ones	Play with pets	Help a friend	Take a time out	Watch TV