

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

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

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