

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