

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