

B	I	N	G	O
Watch a movie	Arts and Crafts	Excerise	Talk to staff	Read
Deep breathing	Watch TV	Take a time out	Color or draw a picture	Talk to a friend
Think about loved ones	Write a story or poem	FREE	Count to 10	Painting
Play cards	Think about happy memories	Practice Yoga	Listen to music	Splash water on your face
Go outside	Dance	Take a walk	Write in a journal	Do a random act of kindness

B	I	N	G	O
Write a story or poem	Color or draw a picture	Talk to staff	Deep breathing	Take a time out
Excerise	Write in a journal	Read	Dance	Talk to a friend
Play cards	Count to 10	FREE	Painting	Arts and Crafts
Listen to music	Take a walk	Watch a movie	Do a random act of kindness	Think about happy memories
Practice Yoga	Splash water on your face	Think about loved ones	Watch TV	Go outside

B	I	N	G	O
Dance	Take a walk	Color or draw a picture	Splash water on your face	Count to 10
Watch a movie	Play cards	Practice Yoga	Watch TV	Read
Think about loved ones	Do a random act of kindness	FREE	Think about happy memories	Listen to music
Write a story or poem	Talk to a friend	Talk to staff	Write in a journal	Exercise
Painting	Arts and Crafts	Take a time out	Deep breathing	Go outside