

B	I	N	G	O
Watch tv	Arts and Crafts	Exercise	Think about happy memories Read	Self Care
Deep breathing	Watch a movie	Take a time out	Cooking	Take a walk
Visit with family	Write in a journal	FREE	Count to ten	Listen to music
Painting	Think about loved ones	Play cards	Help a friend	Sewing
Go outside	Dance	Take a walk	talk to a friend	Drawing

B	I	N	G	O
Write in a journal	Cooking	Think about happy memories Read	Deep breathing	Take a time out
Exercise	talk to a friend	Self Care	Dance	Take a walk
Painting	Count to ten	FREE	Listen to music	Arts and Crafts
Help a friend	Take a walk	Watch tv	Drawing	Think about loved ones
Play cards	Sewing	Visit with family	Watch a movie	Go outside

B	I	N	G	O
Dance	Take a walk	Cooking	Sewing	Count to ten
Watch tv	Painting	Play cards	Watch a movie	Self Care
Visit with family	Drawing	FREE	Think about loved ones	Help a friend
Write in a journal	Take a walk	Think about happy memories Read	talk to a friend	Exercise
Listen to music	Arts and Crafts	Take a time out	Deep breathing	Go outside