

B	I	N	G	O
Watch TV	Arts & Crafts	Drawing	Take a Walk	Play Games on Phone
Dance	Think About Happy Memories	Stress Balls	Call Loved Ones	Take Space
Talk to A Friend	Watch a Movie	FREE	Chair Yoga	Listen to Music
Painting	Talk To Mom or Dad	Play Cards	Help a Friend	Read
Go Outside	Count to Ten	Take A Shower	Write In Journal	Deep Breathing

B	I	N	G	O
Watch a Movie	Call Loved Ones	Take a Walk	Dance	Stress Balls
Drawing	Write In Journal	Play Games on Phone	Count to Ten	Take Space
Painting	Chair Yoga	FREE	Listen to Music	Arts & Crafts
Help a Friend	Take A Shower	Watch TV	Deep Breathing	Talk To Mom or Dad
Play Cards	Read	Talk to A Friend	Think About Happy Memories	Go Outside

B	I	N	G	O
Count to Ten	Take A Shower	Call Loved Ones	Read	Chair Yoga
Watch TV	Painting	Play Cards	Think About Happy Memories	Play Games on Phone
Talk to A Friend	Deep Breathing	FREE	Talk To Mom or Dad	Help a Friend
Watch a Movie	Take Space	Take a Walk	Write In Journal	Drawing
Listen to Music	Arts & Crafts	Stress Balls	Dance	Go Outside