

B	I	N	G	O
Use Positive Self Talk	Aromatherapy	Deep Breathing	Shower	Go Outside
Crochet	Think About a Happy Memory	Listen to Music	Check In With Staff	Read a Book
Take a Break	Word Search or Crossword Puzzle	FREE	Clean Declutter Organize	Drink Water
Eat a Healthy Snack	Squeeze Stress Ball	Exercise or Stretch	Draw or Color a Picture	Kick Bounce Throw a Ball
Do a Puzzle	Count to 10 Slowly	Origami Project	Write in Journal	Dance

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Word Search or Crossword Puzzle	Check In With Staff	Shower	Crochet	Listen to Music
Deep Breathing	Write in Journal	Go Outside	Count to 10 Slowly	Read a Book
Eat a Healthy Snack	Clean Declutter Organize	FREE	Drink Water	Aromatherapy
Draw or Color a Picture	Origami Project	Use Positive Self Talk	Dance	Squeeze Stress Ball
Exercise or Stretch	Kick Bounce Throw a Ball	Take a Break	Think About a Happy Memory	Do a Puzzle

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Word Search or Crossword Puzzle	Read a Book	Shower	Write in Journal	Deep Breathing
Drink Water	Aromatherapy	Listen to Music	Crochet	Do a Puzzle