

B	I	N	G	O
Watch TV	Art	Help a friend	Talk to staff	Sewing
Exercise	Visit your family	Take a time out	Cooking	Talk to a friend
Try a new hobby	Watch a movie	FREE	Count to 10	Play cards
Deep breathing	Reach out to Community	Think about happy memories	Read	Think about loved ones
Painting	Stick to a schedule	Listen to music	Dance	Take a walk

B	I	N	G	O
Watch a movie	Think about happy memories	Talk to a friend	Take a walk	Think about loved ones
Count to 10	Deep breathing	Sewing	Exercise	Stick to a schedule
Cooking	Play a board game	FREE	Art	Read
Watch TV	Dance	Write in a journal	Talk to staff	Take a time out
Help a friend	Play cards	Reach out to Community	Painting	Visit your family

B	I	N	G	O
Exercise	Think about loved ones	Reach out to Community	Talk to staff	Art
Watch a movie	Talk to a friend	Help a friend	Deep breathing	Stick to a schedule
Play cards	Play a board game	FREE	Count to 10	Cooking
Dance	Try a new hobby	Sewing	Listen to music	Take a walk
Visit your family	Watch TV	Read	Painting	Go outside