

B	I	N	G	O
Watch TV	Art	Exercise	Talk to a friend	Reaching out to family
Deep breathing	Visit your family	Sticking to a Schedule	Community Support Network	Take a walk
Think about loved ones	Watch a movie	FREE	Cooking	Learning a new hobby
Dance	Listen to music	Talk to counselor	Play board games	Think about happy memories
Group Activities	Read	Go outside	Count to 10	Take a time out

B	I	N	G	O
Watch a movie	Talk to counselor	Take a walk	Take a time out	Think about happy memories
Cooking	Dance	Reaching out to family	Deep breathing	Read
Community Support Network	Help a friend	FREE	Art	Play board games
Watch TV	Count to 10	Write in a journal	Talk to a friend	Sticking to a Schedule
Exercise	Learning a new hobby	Listen to music	Group Activities	Visit your family

B	I	N	G	O
Deep breathing	Think about happy memories	Listen to music	Talk to a friend	Art
Watch a movie	Take a walk	Exercise	Dance	Read
Learning a new hobby	Help a friend	FREE	Cooking	Community Support Network
Count to 10	Think about loved ones	Reaching out to family	Go outside	Take a time out
Visit your family	Watch TV	Play board games	Group Activities	Drawing