

B	I	N	G	O
Watch a movie	Arts and Crafts	Excerise	Think about happy memories	Sewing
Deep breathing	Watch TV	Take a walk	Cooking	Talk to staff
Visit your family	Write in a journal	FREE	Count to 10	Painting
Play cards	Think about loved ones	Read	Listen to music	Take a time out
Help a friend	Dance	Talk to a friend	go outside	Drawing

B	I	N	G	O
Write in a journal	Cooking	Think about happy memories	Deep breathing	Take a walk
Excerise	go outside	Sewing	Dance	Talk to staff
Play cards	Count to 10	FREE	Painting	Arts and Crafts
Listen to music	Talk to a friend	Watch a movie	Drawing	Think about loved ones
Read	Take a time out	Visit your family	Watch TV	Help a friend

B	I	N	G	O
Dance	Talk to a friend	Cooking	Take a time out	Count to 10
Watch a movie	Play cards	Read	Watch TV	Sewing
Visit your family	Drawing	FREE	Think about loved ones	Listen to music
Write in a journal	Talk to staff	Think about happy memories	go outside	Excerise
Painting	Arts and Crafts	Take a walk	Deep breathing	Help a friend