

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

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

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