

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

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

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