

B	I	N	G	O
Watch a movie	Arts and Crafts	Go outside	Talk to a friend	Play cards
Drawing	Visit your family	Take a time out	Cooking	Think about loved ones
Watch tv	Count to 10	Sewing	Listen to an audiobook	Deep Breathing
Listen to music	Talk to staff	Painting	Take a walk	Think about happy memories
Help a friend	Go to a park	Red	Dance	Write a journal

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Write a journal	Drawing	Watch tv	Count to 10	Talk to a friend
Take a time out	Exercise	Cooking	Watch a movie	Play cards
Deep Breathing	Listen to music	Go outside	Sewing	Listen to an audiobook
Arts and Crafts	Go to a park	Take a walk	Visit your family	Think about happy memories
Painting	Dance	Red	Think about loved ones	Help a friend

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Watch tv	Exercise	Talk to a friend	Talk to staff	Think about loved ones
Write a journal	Play cards	Count to 10	Take a walk	Cooking
Listen to music	Go outside	Listen to an audiobook	Red	Deep Breathing
Arts and Crafts	Watch a movie	Visit your family	Sewing	Painting
Think about happy memories	Go to a park	Dance	Take a time out	Drawing