

B	I	N	G	O
watch TV	arts and crafts	drawing	think about happy memories	read
dance	visit your family	take a walk	ask for advice	talk to staff
think of things you are grateful for	watch a movie	FREE	cooking	listen to music
play games/video games	think about loved ones	play with pet	go outside	take a time out
exercise	count to 10	talk to a friend	write in a journal	deep breathing

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watch a movie	ask for advice	think about happy memories	dance	take a walk
drawing	write in a journal	read	count to 10	talk to staff
play games/video games	cooking	FREE	listen to music	arts and crafts
go outside	talk to a friend	watch TV	deep breathing	think about loved ones
play with pet	take a time out	think of things you are grateful for	visit your family	exercise

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count to 10	talk to a friend	ask for advice	take a time out	cooking
watch TV	play games/video games	play with pet	visit your family	read
think of things you are grateful for	deep breathing	FREE	think about loved ones	go outside
watch a movie	talk to staff	think about happy memories	write in a journal	drawing
listen to music	arts and crafts	take a walk	dance	exercise