

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

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

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