

B	I	N	G	O
Visit your family	5 Senses Coping Skill	Drawing	Take a time out	Listen to music
Dance	Talk to staff	Play cards	Baking	Sewing
Talk to a friend	Watch TV	FREE	Cooking	Go outside
Help a friend	Take a walk	Journaling	Exercise	Painting
Drawing	Count to 10	Read	Watch a movie	Deep breathing

B	I	N	G	O
Watch TV	Baking	Take a time out	Dance	Play cards
Drawing	Watch a movie	Listen to music	Count to 10	Sewing
Help a friend	Cooking	FREE	Go outside	5 Senses Coping Skill
Exercise	Read	Visit your family	Deep breathing	Take a walk
Journaling	Painting	Talk to a friend	Talk to staff	Drawing

B	I	N	G	O
Count to 10	Read	Baking	Painting	Cooking
Visit your family	Help a friend	Journaling	Talk to staff	Listen to music
Talk to a friend	Deep breathing	FREE	Take a walk	Exercise
Watch TV	Sewing	Take a time out	Watch a movie	Drawing
Go outside	5 Senses Coping Skill	Play cards	Dance	Drawing