

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

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

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Deep breathing	Talk to a friend	Cooking	Take a time out	Count to 10
Watch TV	Play a sport	Play cards	Visit your family	Read
Use a stress ball	Exercise	FREE	Think about loved ones	Listen to music
Watch a movie	Talk to staff	Think about happy memories	Write in a journal	Go outside
Painting	Arts and Crafts	Take a walk	Drawing	Help a friend