

B	I	N	G	O
Watch TV	Challenge your gremlin	Drawing	Talk to a friend	Play board game
Dance	Think about loved ones	Read	Coloring	Take a walk
Think about happy memories	Watch a movie	FREE	Count to 10	Help a friend
Listen to music	Talk to staff	Painting	Go outside	Play cards
Exercise	Crafts	Take a time out	Write in a journal	Deep breathing

B	I	N	G	O
Watch a movie	Coloring	Talk to a friend	Dance	Read
Drawing	Write in a journal	Play board game	Crafts	Take a walk
Listen to music	Count to 10	FREE	Help a friend	Challenge your gremlin
Go outside	Take a time out	Watch TV	Deep breathing	Talk to staff
Painting	Play cards	Think about happy memories	Think about loved ones	Exercise

B	I	N	G	O
Crafts	Take a time out	Coloring	Play cards	Count to 10
Watch TV	Listen to music	Painting	Think about loved ones	Play board game
Think about happy memories	Deep breathing	FREE	Talk to staff	Go outside
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Drawing
Help a friend	Challenge your gremlin	Read	Dance	Excerise