

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

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

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