

B	I	N	G	O
Watch a movie	Arts and craft	Go outside	Talk to a friend	Stress balls
Drawing	Watch TV	Take a bath or shower	Count to 10	Think about loved ones
Write in a journal	Dance	FREE	Painting	Play games
Think about happy memories	Read	Take a walk	Help a friend	Take Space
Deep breathing	Talk to friend	Excerise	painting	Free space

B	I	N	G	O
Write in a journal	painting	Count to 10	Read	Drawing
Talk to a friend	Play games	Go outside	Take Space	Dance
Painting	Arts and craft	FREE	Help a friend	Take a walk
Free space	Watch a movie	Excerise	Think about happy memories	Deep breathing
Stress balls	Listen to music	Think about loved ones	Take a bath or shower	Watch TV

B	I	N	G	O
Think about happy memories	Help a friend	Write in a journal	Free space	Talk to a friend
Talk to friend	Think about loved ones	painting	Read	Dance
Take a walk	Count to 10	FREE	Painting	Go outside
Listen to music	Stress balls	Deep breathing	Arts and craft	Watch a movie
Watch TV	Take a bath or shower	Play games	Take Space	Excerise