



relapse prevention Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



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