

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

This page and any related materials are under a Creative Commons License.  
 Arts and Crafts, Cooking, Count to 10, Dance, Deep breathing, Exercise, Journal, Listen to music, Painting, Play cards, Read, Sewing, Take a time out, Talk to staff, Take a walk, Think about happy memories, Think about loved ones, Visit your family, Watch TV, Watch a movie, Write in a journal