

Techniques

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| 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 bingo card was created randomly from a total of 24 events.

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