B	I	N	G	O
Visit your family	Arts and Crafts	Drawing	Talk to a friend	Play cards
Dance	Think about loved ones	Read	Color	Take a walk
Think about happy memories	Watch TV	**FREE**	Confront issue	Help a friend
Listen to music	Talk to staff	Painting	Go outside	Put puzzle together
Exercise	Count to 10	Take a time out	Write in a journal	Deep breathing

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B	I	N	G	O
Watch TV	Color	Talk to a friend	Dance	Read
Drawing	Write in a journal	Play cards	Count to 10	Take a walk
Listen to music	Confront issue	**FREE**	Help a friend	Arts and Crafts
Go outside	Take a time out	Visit your family	Deep breathing	Talk to staff
Painting	Put puzzle together	Think about happy memories	Think about loved ones	Exercise

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B	I	N	G	O
Count to 10	Take a time out	Color	Put puzzle together	Confront issue
Visit your family	Listen to music	Painting	Think about loved ones	Play cards
Think about happy memories	Deep breathing	**FREE**	Talk to staff	Go outside
Watch TV	Take a walk	Talk to a friend	Write in a journal	Drawing
Help a friend	Arts and Crafts	Read	Dance	Exercise

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