B	I	N	G	O
Visualization	Adult Coloring	Exercise	Prayer	Listen to Music
Cook	Spirituality	Positive Affirmations	Candles	Practice Gratitude
Self-Care	Card Games	**FREE**	Play Sports	Healthy Boundaries
Hunting	Read	Journal	Positive Self-Talk	Reminisce
Garden/Yard	Fish	Pets	Cars	Challenge Negative Thinking

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B	I	N	G	O
Play Sports	Listen to Music	Card Games	Self-Care	Cars
Prayer	Healthy Boundaries	Hunting	Spirituality	Candles
Volunteer	Pets	**FREE**	Cook	Exercise
Positive Self-Talk	Practice Gratitude	Positive Affirmations	Read	Challenge Negative Thinking
Adult Coloring	Visualization	Walk	Deep Breathing	Fish

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B	I	N	G	O
Play Sports	Cook	Positive Self-Talk	Deep Breathing	Candles
Adult Coloring	Walk	Volunteer	Challenge Negative Thinking	Spirituality
Dance	Read	**FREE**	Journal	Practice Gratitude
Pets	Hunting	Healthy Boundaries	Card Games	Reminisce
Cars	Self-Care	Listen to Music	Exercise	Positive Affirmations

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