| B | I | N | G | O |
|---|---|---|---|---|
| try something new | Cry | chat with friends | smile | listen to music |
| arts and crafts | treat yourself | listen to the waves | Dance | read a book |
| take time for yourself | watch a film | **FREE** | Go shopping | go for a walk |
| go swimming | take a bath | go to bed early | go for a drive | listen to the birds |
| get your nails done | Hug | meditate | watch football | blow bubbles |



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| B | I | N | G | O |
|---|---|---|---|---|
| watch a film | Dance | smile | arts and crafts | listen to the waves |
| chat with friends | watch football | listen to music | Hug | read a book |
| go swimming | Go shopping | **FREE** | go for a walk | Cry |
| go for a drive | meditate | try something new | blow bubbles | take a bath |
| go to bed early | listen to the birds | take time for yourself | treat yourself | get your nails done |



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