

B	I	N	G	O
Watch a comedy	Arts and Crafts	Go outside	Talk to a friend	Spend time with pet
Emotional Freedom Techniques	Think about happy memories	Stress Ball/Fidget	Count to 10	Take a walk
Tell funny joke/story	Watch a movie	FREE	Deep Breaths	Plan Ahead
Read a book	Talk to staff	Relaxing video	Listen to music	Spend time your family
Help someone out	Drawing	Take a time out	Write in a journal	Exercise

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Watch a movie	Count to 10	Talk to a friend	Emotional Freedom Techniques	Stress Ball/Fidget
Go outside	Write in a journal	Spend time with pet	Drawing	Take a walk
Read a book	Deep Breaths	FREE	Plan Ahead	Arts and Crafts
Listen to music	Take a time out	Watch a comedy	Exercise	Talk to staff
Relaxing video	Spend time your family	Tell funny joke/story	Think about happy memories	Help someone out

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Drawing	Take a time out	Count to 10	Spend time your family	Deep Breaths
Watch a comedy	Read a book	Relaxing video	Think about happy memories	Spend time with pet
Tell funny joke/story	Exercise	FREE	Talk to staff	Listen to music
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Go outside
Plan Ahead	Arts and Crafts	Stress Ball/Fidget	Emotional Freedom Techniques	Help someone out