B	I	N	G	O
Watch A Movie	Arts & Craft	Exercise	Talk To A Friend	Read
Deep Breathing	Visit Your Family	Take A Walk	Cooking	Talk About Loved Ones
Think About Happy Memories	Watch TV	**FREE**	Count To 10	Listen To Music
PLay Cardsw	Talk To Staff	Painting	Help A Friend	Sewing
Go Outside	Dance	Take a Time Out.	Write in A Journal	Drawing

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B	I	N	G	O
Watch TV	Cooking	Talk To A Friend	Deep Breathing	Take A Walk
Exercise	Write in A Journal	Read	Dance	Talk About Loved Ones
PLay Cardsw	Count To 10	**FREE**	Listen To Music	Arts & Craft
Help A Friend	Take a Time Out.	Watch A Movie	Drawing	Talk To Staff
Painting	Sewing	Think About Happy Memories	Visit Your Family	Go Outside

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B	I	N	G	O
Dance	Take a Time Out.	Cooking	Sewing	Count To 10
Watch A Movie	PLay Cardsw	Painting	Visit Your Family	Read
Think About Happy Memories	Drawing	**FREE**	Talk To Staff	Help A Friend
Watch TV	Talk About Loved Ones	Talk To A Friend	Write in A Journal	Exercise
Listen To Music	Arts & Craft	Take A Walk	Deep Breathing	Go Outside

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