B	I	N	G	O
Watch TV	Arts & Crafts	Go outside	Talk to a friend	Read
Drawing	Think about loved ones	Take a bath or shower	Count to 10	Take space
Think about happy memories	Watch a movie	**FREE**	Dance	Painting
Play cards	Talk to mom or dad	Play games on ipad	Listen to music	Stress balls
Help a Friend	Deep breathing	Take a walk	Write in a Journal	Exercise

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B	I	N	G	O
Watch a movie	Count to 10	Talk to a friend	Drawing	Take a bath or shower
Go outside	Write in a Journal	Read	Deep breathing	Take space
Play cards	Dance	**FREE**	Painting	Arts & Crafts
Listen to music	Take a walk	Watch TV	Exercise	Talk to mom or dad
Play games on ipad	Stress balls	Think about happy memories	Think about loved ones	Help a Friend

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B	I	N	G	O
Deep breathing	Take a walk	Count to 10	Stress balls	Dance
Watch TV	Play cards	Play games on ipad	Think about loved ones	Read
Think about happy memories	Exercise	**FREE**	Talk to mom or dad	Listen to music
Watch a movie	Take space	Talk to a friend	Write in a Journal	Go outside
Painting	Arts & Crafts	Take a bath or shower	Drawing	Help a Friend

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