B	I	N	G	O
Watch TV	Arts and Crafts	Get outside!	Talk to a friend	Read
Deep breathing	Visit your family	Take a time out	Cooking	Think about loved ones
Watch a movie	Count to 10	RECOVERY!	Listen to music	Painting
Think about happy memories	Play cards	Take a walk	Go outside	Sewing
Dance	Talk to staff	Drawing	Write in a journal	Excerise

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B	I	N	G	O
Watch a movie	Write in a journal	Cooking	Play cards	Deep breathing
Talk to a friend	Painting	Get outside!	Sewing	Count to 10
Listen to music	Arts and Crafts	RECOVERY!	Go outside	Take a walk
Excerise	Watch TV	Drawing	Think about happy memories	Dance
Read	Help a friend	Think about loved ones	Take a time out	Visit your family

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B	I	N	G	O
Think about happy memories	Go outside	Watch a movie	Excerise	Talk to a friend
Talk to staff	Think about loved ones	Write in a journal	Play cards	Count to 10
Take a walk	Cooking	RECOVERY!	Listen to music	Get outside!
Help a friend	Read	Dance	Arts and Crafts	Watch TV
Visit your family	Take a time out	Painting	Sewing	Drawing

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