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

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

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

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