B	I	N	G	O
Vibe	Ask for help	Flight	Play Board Games	Love
Drink water	TRAC	Nap/Quiet time	Celebration	Peace
Soar	Write in journal	**FREE**	Dance	Hug someone
Journey	SNUG	Kindness	Give yourself a facial	Moment to Reflect
Girl power	Deep breathing	No Social media	Yoga	Encourage

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B	I	N	G	O
Write in journal	Celebration	Play Board Games	Drink water	Nap/Quiet time
Flight	Yoga	Love	Deep breathing	Peace
Journey	Dance	**FREE**	Hug someone	Ask for help
Give yourself a facial	No Social media	Vibe	Encourage	SNUG
Kindness	Moment to Reflect	Soar	TRAC	Girl power

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B	I	N	G	O
Deep breathing	No Social media	Celebration	Moment to Reflect	Dance
Vibe	Journey	Kindness	TRAC	Love
Soar	Encourage	**FREE**	SNUG	Give yourself a facial
Write in journal	Peace	Play Board Games	Yoga	Flight
Hug someone	Ask for help	Nap/Quiet time	Drink water	Girl power

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