B	I	N	G	O
get enough sleep	Ask For Help	Go See a Movie	Work in Garden	Ride a Bike
Do Something kind	exercise	Smile	Be Active	Talk with Someone
eat healthy foods	listen to music	**FREE**	Cook a Meal	Pet a Animal
Play a Game	clean	Read A Book	Laugh	Say Positive affirmations
Journal	Dance	Take a Walk	practice deep breathing	Drawing

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B	I	N	G	O
listen to music	Be Active	Work in Garden	Do Something kind	Smile
Go See a Movie	practice deep breathing	Ride a Bike	Dance	Talk with Someone
Play a Game	Cook a Meal	**FREE**	Pet a Animal	Ask For Help
Laugh	Take a Walk	get enough sleep	Drawing	clean
Read A Book	Say Positive affirmations	eat healthy foods	exercise	Journal

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B	I	N	G	O
Dance	Take a Walk	Be Active	Say Positive affirmations	Cook a Meal
get enough sleep	Play a Game	Read A Book	exercise	Ride a Bike
eat healthy foods	Drawing	**FREE**	clean	Laugh
listen to music	Talk with Someone	Work in Garden	practice deep breathing	Go See a Movie
Pet a Animal	Ask For Help	Smile	Do Something kind	Journal

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