

B	I	N	G	O
Telling a Joke	Asking for Space	Exercise	Reading	Meditation
Cooking	Taking a Walk	Mowing the Yard	Baking	Progressive Relaxation
Sleep	Watching a Movie	FREE	Cleaning	Listening to Birds Chirp
Listening to Music	Singing	Making Music	Journaling	Mindfulness
Going out to Eat	Coloring	Painting	Watching the Sunset	Deep Breathing

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Watching a Movie	Baking	Reading	Cooking	Mowing the Yard
Exercise	Watching the Sunset	Meditation	Coloring	Progressive Relaxation
Listening to Music	Cleaning	FREE	Listening to Birds Chirp	Asking for Space
Journaling	Painting	Telling a Joke	Deep Breathing	Singing
Making Music	Mindfulness	Sleep	Taking a Walk	Going out to Eat

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Coloring	Painting	Baking	Mindfulness	Cleaning
Telling a Joke	Listening to Music	Making Music	Taking a Walk	Meditation
Sleep	Deep Breathing	FREE	Singing	Journaling
Watching a Movie	Progressive Relaxation	Reading	Watching the Sunset	Exercise
Listening to Birds Chirp	Asking for Space	Mowing the Yard	Cooking	Going out to Eat