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

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B	I	N	G	O
Write in a journal	Think about happy memories	Talk to staff	Talk to a friend	Think about loved ones
Count to 10	Deep breathing	Sewing	Drawing	Take a time out
Cooking	Listen to music	**FREE**	Arts and Crafts	Read
Watch a movie	Dance	Yell into pillow	Think about feelings	Take a walk
Finger touches	Painting	Play cards	Help a friend	Watch TV

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B	I	N	G	O
Drawing	Think about loved ones	Play cards	Think about feelings	Arts and Crafts
Write in a journal	Talk to staff	Finger touches	Deep breathing	Take a time out
Painting	Listen to music	**FREE**	Count to 10	Cooking
Dance	Visit your family	Sewing	Go outside	Talk to a friend
Watch TV	Watch a movie	Read	Help a friend	Exercise

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