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



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