B	I	N	G	O
Watch TV	Arts and Crafts	Drawing	Take a walk	Painting
Dance	Think before you speak	Read	Calmly express your feelings	Take a time out
Talk to staff	Watch a movie	**FREE**	Cooking	Help a friend
Identify possible solutions	Talk to a friend	Listen to music	Go outside	Play cards
Exercise	Count to 10	Sewing	Write in a journal	Deep breathing

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B	I	N	G	O
Watch a movie	Calmly express your feelings	Take a walk	Dance	Read
Drawing	Write in a journal	Painting	Count to 10	Take a time out
Identify possible solutions	Cooking	**FREE**	Help a friend	Arts and Crafts
Go outside	Sewing	Watch TV	Deep breathing	Talk to a friend
Listen to music	Play cards	Talk to staff	Think before you speak	Exercise

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B	I	N	G	O
Count to 10	Sewing	Calmly express your feelings	Play cards	Cooking
Watch TV	Identify possible solutions	Listen to music	Think before you speak	Painting
Talk to staff	Deep breathing	**FREE**	Talk to a friend	Go outside
Watch a movie	Take a time out	Take a walk	Write in a journal	Drawing
Help a friend	Arts and Crafts	Read	Dance	Exercise

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