B	I	N	G	O
Word Search or Crossword	Bake cookies.	Go Swimming	Take a bath	Put a puzzle together
Deep breathing	Watch Fish	Rip paper	Clean something	Study the Sky
Volunteer	Write a letter	**FREE**	Contact a warm line	Go to a garden
Meditate	Teach your pet a new trick	Paint your nails	Go shopping	Rearrange furniture
Go for a long drive	Cry	Smile at least five people	Yoga	Find a Wellness Center

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B	I	N	G	O
Write a letter	Clean something	Take a bath	Deep breathing	Rip paper
Go Swimming	Yoga	Put a puzzle together	Cry	Study the Sky
Meditate	Contact a warm line	**FREE**	Go to a garden	Bake cookies.
Go shopping	Smile at least five people	Word Search or Crossword	Find a Wellness Center	Teach your pet a new trick
Paint your nails	Rearrange furniture	Volunteer	Watch Fish	Go for a long drive

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B	I	N	G	O
Cry	Smile at least five people	Clean something	Rearrange furniture	Contact a warm line
Word Search or Crossword	Meditate	Paint your nails	Watch Fish	Put a puzzle together
Volunteer	Find a Wellness Center	**FREE**	Teach your pet a new trick	Go shopping
Write a letter	Study the Sky	Take a bath	Yoga	Go Swimming
Go to a garden	Bake cookies.	Rip paper	Deep breathing	Go for a long drive

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