

B	I	N	G	O
Walk away	Arts and Crafts	Do a good deed	Talk to a friend	Play cards
Count to 10	Think about a fun time you've had	Read	Attend activities	Self-talk
Talk to your awesome case manager :)	Watch TV	FREE	Breathe	Go outside
Listen to music	Talk to family	Look at the BIG picture	Go for a walk	Poetry
Drawing	Color	STOP & THINK	Write in a journal	Dance

B	I	N	G	O
Watch TV	Attend activities	Talk to a friend	Count to 10	Read
Do a good deed	Write in a journal	Play cards	Color	Self-talk
Listen to music	Breathe	FREE	Go outside	Arts and Crafts
Go for a walk	STOP & THINK	Walk away	Dance	Talk to family
Look at the BIG picture	Poetry	Talk to your awesome case manager :)	Think about a fun time you've had	Drawing

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Color	STOP & THINK	Attend activities	Poetry	Breathe
Walk away	Listen to music	Look at the BIG picture	Think about a fun time you've had	Play cards
Talk yo your awesome case manager :)	Dance	FREE	Talk to family	Go for a walk
Watch TV	Self-talk	Talk to a friend	Write in a journal	Do a good deed
Go outside	Arts and Crafts	Read	Count to 10	Drawing