B	I	N	G	O
Watch Tv	Arts and Crafts	Exercise	Talk to a Friend	Read
Deep Breathing	Visit your family	Take a Walk	Cooking	Talk to Staff
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 time out	Write in a journal	Drawing

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B	I	N	G	O
Watch a Movie	Cooking	Talk to a Friend	Deep Breathing	Take a Walk
Exercise	Write in a journal	Read	Dance	Talk to Staff
Painting	Count to 10	**FREE**	Listen to Music	Arts and Crafts
Help a Friend	Take a time out	Watch Tv	Drawing	Think about happy memories
Play Cards	Sewing	Think about loved ones	Visit your family	Go Outside

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B	I	N	G	O
Dance	Take a time out	Cooking	Sewing	Count to 10
Watch Tv	Painting	Play Cards	Visit your family	Read
Think about loved ones	Drawing	**FREE**	Think about happy memories	Help a Friend
Watch a Movie	Talk to Staff	Talk to a Friend	Write in a journal	Exercise
Listen to Music	Arts and Crafts	Take a Walk	Deep Breathing	Go Outside

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