B	I	N	G	O
Watch TV	Cooking	Exercise	Talk to a friend	Put your head down
Drawing	Walk away from the problem	Sing a song	Count to 10	Take a time out
Think about pandas	Watch a movie	**Free Space**	Dance	Paint a picture
Play a board game	Talk to staff	Put a puzzle together	Listen to music	Read a book
Go outside	Deep breathing	Squeeze a stress ball	Write in a journal	Drink water

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B	I	N	G	O
Watch a movie	Count to 10	Talk to a friend	Drawing	Sing a song
Exercise	Write in a journal	Put your head down	Deep breathing	Take a time out
Play a board game	Dance	**Free Space**	Paint a picture	Cooking
Listen to music	Squeeze a stress ball	Watch TV	Drink water	Talk to staff
Put a puzzle together	Read a book	Think about pandas	Walk away from the problem	Go outside

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B	I	N	G	O
Deep breathing	Squeeze a stress ball	Count to 10	Read a book	Dance
Watch TV	Play a board game	Put a puzzle together	Walk away from the problem	Put your head down
Think about pandas	Drink water	**Free Space**	Talk to staff	Listen to music
Watch a movie	Take a time out	Talk to a friend	Write in a journal	Exercise
Paint a picture	Cooking	Sing a song	Drawing	Go outside

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