B	I	N	G	O
Visit your family	Arts and Crafts	Free	Talk to Staff	Read
Deep breathing	Think about loved ones	Sewing	Cooking	Take a walk
Think about happy memories	Watch a movie	**FREE**	Count to 10	Listen to music
Painting	Talk to a friend	Play cards	Help a friend	Read
Go outside	Dance	Take a time out	Write in a journal	Excersize

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B	I	N	G	O
Watch a movie	Cooking	Talk to Staff	Deep breathing	Sewing
Free	Write in a journal	Read	Dance	Take a walk
Painting	Count to 10	**FREE**	Listen to music	Arts and Crafts
Help a friend	Take a time out	Visit your family	Excersize	Talk to a friend
Play cards	Read	Think about happy memories	Think about loved ones	Go outside

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B	I	N	G	O
Dance	Take a time out	Cooking	Read	Count to 10
Visit your family	Painting	Play cards	Think about loved ones	Read
Think about happy memories	Excersize	**FREE**	Talk to a friend	Help a friend
Watch a movie	Take a walk	Talk to Staff	Write in a journal	Free
Listen to music	Arts and Crafts	Sewing	Deep breathing	Go outside

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