B	I	N	G	O
Write a letter to someone	Call a hotline	Arts and Crafts	Go outside	Talk to a friend
Punch a punching bag	Do your makeup	Watch TV	Sewing	Cooking
Take a walk	Visit your family	**FREE**	Write a poem	Count to 10
Painting	Do yoga	Play a game	Think about happy memories	Play cards
Take a time out	Think about loved ones	Listen to music	Help a friend	Read

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B	I	N	G	O
Play a game	Help a friend	Dance	Deep breathing	Read a joke book
Punch a punching bag	Pray	Count to 10	Visit your family	Talk to a friend
Painting	Pet your cat or dog	**FREE**	Watch TV	Cooking
Write a poem	Call a hotline	Do your makeup	Go shopping	Squeeze a stress ball
Talk to staff	Take a walk	Sewing	Think about happy memories	Do yoga

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B	I	N	G	O
Take a time out	Punch a punching bag	Do your makeup	Read	Call a hotline
Painting	Arts and Crafts	Pray	Read a joke book	Write a letter to someone
Dance	Write something positive about yourself	**FREE**	Write in a journal	Drawing
Count to 10	Talk to a friend	Sewing	Excerise	Write a poem
Do yoga	Cooking	Take a walk	Pet your cat or dog	Go outside

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