B	I	N	G	O
Watch TV	Arts and Crafts	Drawing	Talk to Teacher	Play with Play Dough
Dance	Visit with family	Take a time out	Blow out our candles	Think about our Loved one
Watch a movie	Cooking with an Adult	**FREE**	Help a Friend	Listen to Music
Think about a happy memory	Play Cards	Take a walk	Exercise	Read
Count to 10	Talk to a friend	Deep breathing	Write it down	Draw a Lazy 8

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B	I	N	G	O
Watch a movie	Write it down	Blow out our candles	Play Cards	Dance
Talk to Teacher	Listen to Music	Drawing	Read	Cooking with an Adult
Help a Friend	Arts and Crafts	**FREE**	Exercise	Take a walk
Draw a Lazy 8	Watch TV	Deep breathing	Think about a happy memory	Count to 10
Play with Play Dough	Go Outside	Think about our Loved one	Take a time out	Visit with family

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B	I	N	G	O
Think about a happy memory	Exercise	Watch a movie	Draw a Lazy 8	Talk to Teacher
Talk to a friend	Think about our Loved one	Write it down	Play Cards	Cooking with an Adult
Take a walk	Blow out our candles	**FREE**	Help a Friend	Drawing
Go Outside	Play with Play Dough	Count to 10	Arts and Crafts	Watch TV
Visit with family	Take a time out	Listen to Music	Read	Deep breathing

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