B	I	N	G	O
Visit your family	Arts and Crafts	Exercise	Talk to a friend	Play cards
Deep breathing	Think about loved ones	Sing a happy song to yourself	Color	Take a walk
Think about happy memories	Watch TV	**FREE**	Count to 10	Listen to music
Painting	Talk to staff	Play a video game	Help a friend	Read
Go outside	Dance	Take a time out	Watch a movie	Drawing

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B	I	N	G	O
Watch TV	Color	Talk to a friend	Deep breathing	Sing a happy song to yourself
Exercise	Watch a movie	Play cards	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	Drawing	Talk to staff
Play a video game	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	Color	Read	Count to 10
Visit your family	Painting	Play a video game	Think about loved ones	Play cards
Think about happy memories	Drawing	**FREE**	Talk to staff	Help a friend
Watch TV	Take a walk	Talk to a friend	Watch a movie	Exercise
Listen to music	Arts and Crafts	Sing a happy song to yourself	Deep breathing	Go outside

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