B	I	N	G	O
Watch a movie	Arts and Crafts	Help a friend	Think about happy memories	Sleep
Excerise	Watch TV	Take a walk	Count to 10	Talk to staff
Visit your family	Write in a journal	**FREE**	Deep breathing	Play cards
Read	Think about loved ones	Sewing	Painting	Take a time out
Listen to music	Drawing	Talk to a friend	quiet place	Go outside

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B	I	N	G	O
Write in a journal	Count to 10	Think about happy memories	Excerise	Take a walk
Help a friend	quiet place	Sleep	Drawing	Talk to staff
Read	Deep breathing	**FREE**	Play cards	Arts and Crafts
Painting	Talk to a friend	Watch a movie	Go outside	Think about loved ones
Sewing	Take a time out	Visit your family	Watch TV	Listen to music

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B	I	N	G	O
Drawing	Talk to a friend	Count to 10	Take a time out	Deep breathing
Watch a movie	Read	Sewing	Watch TV	Sleep
Visit your family	Go outside	**FREE**	Think about loved ones	Painting
Write in a journal	Talk to staff	Think about happy memories	quiet place	Help a friend
Play cards	Arts and Crafts	Take a walk	Excerise	Listen to music

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