B	I	N	G	O
Watch a movie	Clean/organize a space	Drawing	Take a walk	Painting
Dance	Watch TV	Read	Computer	Visit your family
Write in a journal	Cooking	**FREE**	Help a friend	Listen to music
Think about loved ones	Listen to music	Sewing	Excerise	Play cards
Count to 10	Think about happy memories	Deep breathing	Yoga	Do a puzzle

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B	I	N	G	O
Write in a journal	Yoga	Computer	Listen to music	Dance
Take a walk	Listen to music	Drawing	Play cards	Cooking
Help a friend	Clean/organize a space	**FREE**	Excerise	Sewing
Do a puzzle	Watch a movie	Deep breathing	Think about loved ones	Count to 10
Painting	Go outside	Visit your family	Read	Watch TV

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B	I	N	G	O
Think about loved ones	Excerise	Write in a journal	Do a puzzle	Take a walk
Think about happy memories	Visit your family	Yoga	Listen to music	Cooking
Sewing	Computer	**FREE**	Help a friend	Drawing
Go outside	Painting	Count to 10	Clean/organize a space	Watch a movie
Watch TV	Read	Listen to music	Play cards	Deep breathing

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