B	I	N	G	O
Watch TV	Arts and Crafts	Excerise	Talk to a friend	Play cards
Deep breathing	Visit your family	Stretch	Cooking	Take a walk
Think about loved ones	Count to 10	**FREE**	Sewing	Listen to music
Make a beat	Talk to staff	Painting	Take a time out	Think about happy memories
Help a friend	Go outside	Read	Dance	Daydream

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B	I	N	G	O
Sewing	Play cards	Count to 10	Think about loved ones	Dance
Talk to a friend	Listen to music	Make a beat	Visit your family	Cooking
Watch a movie	Read	**FREE**	Deep breathing	Excerise
Take a time out	Take a walk	Stretch	Talk to staff	Daydream
Arts and Crafts	Watch TV	Write in a journal	Drawing	Go outside

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B	I	N	G	O
Sewing	Deep breathing	Take a time out	Drawing	Cooking
Arts and Crafts	Write in a journal	Watch a movie	Daydream	Visit your family
Do Yoga	Talk to staff	**FREE**	Painting	Take a walk
Read	Make a beat	Listen to music	Count to 10	Think about happy memories
Dance	Think about loved ones	Play cards	Excerise	Stretch

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