B	I	N	G	O
Watch a funny movie	Arts and Crafts	Aromatherapy	Excerise	Take a shower
Play a game	Dance	Visit your family	Positive Affirmations	Think about loved ones
Call a friend	Learn a new hobby	**FREE**	Count to 10	Listen to music
Take a walk	Painting	Sing	Think about happy memories	Go outside
Gardening	Play cards	Cooking	Play with your pet	Baking

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B	I	N	G	O
Think about loved ones	Cooking	Take a time out	Learn a new hobby	Call a friend
Listen to music	Visit your family	Arts and Crafts	Watch a funny movie	Positive Affirmations
Take a shower	Play cards	**FREE**	Baking	Play with your pet
Dance	Excerise	Read	Watch a movie	Take a walk
Count to 10	Sing	Aromatherapy	Play a game	Watch TV

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B	I	N	G	O
Cooking	Write in a journal	Watch a movie	Dance	Baking
Take a time out	Positive Affirmations	Drawing	Arts and Crafts	Watch a funny movie
Play a game	Count to 10	**FREE**	Take a shower	Listen to music
Excerise	Play with your pet	Learn a new hobby	Gardening	Sing
Watch TV	Deep breathing	Take a walk	Painting	Aromatherapy

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