B	I	N	G	O
Watch TV	Arts and Crafts	Exercise	Talk to staff	Read
Deep breath	Visit your family	Take a time out	Cook	Talk to a friend
Think about loved ones	Watch a movie	**FREE**	Count to 10	Listen to music
Paint	Think about happy memories	Play cards	Help a friend	Sew
Go outside	Dance	Take a walk	Write in a journal	Draw

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B	I	N	G	O
Watch a movie	Cook	Talk to staff	Deep breath	Take a time out
Exercise	Write in a journal	Read	Dance	Talk to a friend
Paint	Count to 10	**FREE**	Listen to music	Arts and Crafts
Help a friend	Take a walk	Watch TV	Draw	Think about happy memories
Play cards	Sew	Think about loved ones	Visit your family	Go outside

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B	I	N	G	O
Dance	Take a walk	Cook	Sew	Count to 10
Watch TV	Paint	Play cards	Visit your family	Read
Think about loved ones	Draw	**FREE**	Think about happy memories	Help a friend
Watch a movie	Talk to a friend	Talk to staff	Write in a journal	Exercise
Listen to music	Arts and Crafts	Take a time out	Deep breath	Go outside

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