B	I	N	G	O
Watch TV	Arts and crafts	Go outside	Take a walk	Play a game
Draw	Visit your family	Read	Count to 10	Take a time out
Talk to staff	Watch a movie	**FREE**	Dance	Listen to music
Paint	Talk to a friend	Paint your nails	Leisure activities	Play with pets
Help a friend	Deep breath	Take a bath	Write in a journal	Exercise

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B	I	N	G	O
Watch a movie	Count to 10	Take a walk	Draw	Read
Go outside	Write in a journal	Play a game	Deep breath	Take a time out
Paint	Dance	**FREE**	Listen to music	Arts and crafts
Leisure activities	Take a bath	Watch TV	Exercise	Talk to a friend
Paint your nails	Play with pets	Talk to staff	Visit your family	Help a friend

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B	I	N	G	O
Deep breath	Take a bath	Count to 10	Play with pets	Dance
Watch TV	Paint	Paint your nails	Visit your family	Play a game
Talk to staff	Exercise	**FREE**	Talk to a friend	Leisure activities
Watch a movie	Take a time out	Take a walk	Write in a journal	Go outside
Listen to music	Arts and crafts	Read	Draw	Help a friend

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