B	I	N	G	O
Watch a movie	Art	Go for a run	Read NA/AA book	Make a smoothie
Cooking	Volunteer	Organize your closet	Breathing Techniques	Visit the zoo
Write a letter	Call a sober support	**FREE**	Go to the library	Going for a walk
Take a shower	Listen to music	Play a board game	Go on a hike	Meditate
Cleaning	Take a nap	Dance	Yoga	Do some laundry

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B	I	N	G	O
Write a letter	Yoga	Breathing Techniques	Listen to music	Cooking
Read NA/AA book	Going for a walk	Go for a run	Meditate	Call a sober support
Go to the library	Art	**FREE**	Go on a hike	Play a board game
Do some laundry	Watch a movie	Dance	Take a shower	Cleaning
Make a smoothie	Go to a meeting	Visit the zoo	Organize your closet	Volunteer

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B	I	N	G	O
Take a shower	Go on a hike	Write a letter	Do some laundry	Read NA/AA book
Take a nap	Visit the zoo	Yoga	Listen to music	Call a sober support
Play a board game	Breathing Techniques	**FREE**	Go to the library	Go for a run
Go to a meeting	Make a smoothie	Cleaning	Art	Watch a movie
Volunteer	Organize your closet	Going for a walk	Meditate	Dance

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