B	I	N	G	O
Watch TV	Arts and Crafts	Drawing	Take a walk	Play cards
Dance	Think about loved ones	Sing	Ask for help	Think about happy memories
Watch a movie	Cooking	**FREE**	Help a friend	Listen to music
Talk to staff	Painting	Take a time out	Exercise	Read
Count to 10	Talk to a friend	Deep breathing	Write in a journal	Do yoga

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B	I	N	G	O
Watch a movie	Write in a journal	Ask for help	Painting	Dance
Take a walk	Listen to music	Drawing	Read	Cooking
Help a friend	Arts and Crafts	**FREE**	Exercise	Take a time out
Do yoga	Watch TV	Deep breathing	Talk to staff	Count to 10
Play cards	Go outside	Think about happy memories	Sing	Think about loved ones

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B	I	N	G	O
Talk to staff	Exercise	Watch a movie	Do yoga	Take a walk
Talk to a friend	Think about happy memories	Write in a journal	Painting	Cooking
Take a time out	Ask for help	**FREE**	Help a friend	Drawing
Go outside	Play cards	Count to 10	Arts and Crafts	Watch TV
Think about loved ones	Sing	Listen to music	Read	Deep breathing

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