

B	I	N	G	O
Volunteer	Card Games	Go Outdoors	Read	Nap
Crossword/Word Search Puzzle	Talk to a Friend	Pets	Community Resources	Pray
Spend time with Family	Walk	FREE	Cook/Bake	Journal
Listen to Music	Sing	Meditate	Hot Shower or Bath	Paint
Hobbies	Count to Ten	Positive Thinking	Watch Movies	Deep Breath

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Go Outdoors	Watch Movies	Nap	Count to Ten	Pray
Listen to Music	Cook/Bake	FREE	Journal	Card Games
Hot Shower or Bath	Positive Thinking	Volunteer	Deep Breath	Sing
Meditate	Paint	Spend time with Family	Talk to a Friend	Hobbies

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