B	I	N	G	O
WATCH A MOVIE	ARTS AND CRAFTS	FOCUS	TAKE A WALK	PLAY CARDS
DANCE	VISUALIZE	READ	CLOSE YOUR EYES	TAKE A TIME OUT
TALK TO STAFF	WATCH TV	**FREE**	COOKING	LISTEN
LISTEN TO MUSIC	TAKE DEEP BREATHS	PAINTING	HELP A FRIEND	READ
GO OUTSIDE	COUNT TO 10	SEWING	WRITE	EXERCISE

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B	I	N	G	O
WATCH TV	CLOSE YOUR EYES	TAKE A WALK	DANCE	READ
FOCUS	WRITE	PLAY CARDS	COUNT TO 10	TAKE A TIME OUT
LISTEN TO MUSIC	COOKING	**FREE**	LISTEN	ARTS AND CRAFTS
HELP A FRIEND	SEWING	WATCH A MOVIE	EXERCISE	TAKE DEEP BREATHS
PAINTING	READ	TALK TO STAFF	VISUALIZE	GO OUTSIDE

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B	I	N	G	O
COUNT TO 10	SEWING	CLOSE YOUR EYES	READ	COOKING
WATCH A MOVIE	LISTEN TO MUSIC	PAINTING	VISUALIZE	PLAY CARDS
TALK TO STAFF	EXERCISE	**FREE**	TAKE DEEP BREATHS	HELP A FRIEND
WATCH TV	TAKE A TIME OUT	TAKE A WALK	WRITE	FOCUS
LISTEN	ARTS AND CRAFTS	READ	DANCE	GO OUTSIDE

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