B	I	N	G	O
Write in a journal	Arts and Crafts	Go outside	Think about happy memories	Read
Drawing	Watch a movie	Take a walk	Cooking	Talk to staff
Watch TV	Count to 10	**FREE**	Take a time out	Meditate
Painting	Think about loved ones	Play cards	Talk to a friend	Visit your family
Listen to music	Help a friend	Sewing	Dance	Deep breathing

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B	I	N	G	O
Take a time out	Read	Count to 10	Watch TV	Dance
Think about happy memories	Meditate	Painting	Watch a movie	Cooking
cry to self	Sewing	**FREE**	Drawing	Go outside
Talk to a friend	Talk to staff	Take a walk	Think about loved ones	Deep breathing
Arts and Crafts	Write in a journal	visit a recreational place(park)	Get a counsellor	Help a friend

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B	I	N	G	O
Take a time out	Drawing	Talk to a friend	Get a counsellor	Cooking
Arts and Crafts	visit a recreational place(park)	cry to self	Deep breathing	Watch a movie
Excerise	Think about loved ones	**FREE**	Play cards	Talk to staff
Sewing	Painting	Meditate	Count to 10	Visit your family
Dance	Watch TV	Read	Go outside	Take a walk

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