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

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B	I	N	G	O
start a hobby or try something new.	Visit your family	Think about happy memories	Talk to a friend	Watch TV
Dance	Deep breathing	Talk to staff	Take a time out	Drawing
Take a walk	Cooking	**FREE**	Painting	Arts and Crafts
Sewing	play with pet	visit a recreational place(park)	Excerise	Count to 10
Think about loved ones	Get a counselor	Play cards	Go outside	Listen to music

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B	I	N	G	O
Take a walk	Drawing	Think about happy memories	Talk to staff	Get a counselor
Cooking	visit a recreational place(park)	Go outside	start a hobby or try something new.	cry to self
Excerise	Watch TV	**FREE**	Read	Think about loved ones
Arts and Crafts	Deep breathing	Take a time out	Play cards	Meditate
play with pet	Count to 10	Watch a movie	Dance	Write in a journal

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