B	I	N	G	O
Watch TV	Color	Get some fresh air	Talk to someone	Sing
Eat healthy	Walk	Socialize with others	Count to 10	Take deep breaths
Use a stress ball	Word search puzzles	FREE SPACE!	Dance	Listen to music
Paint	Tell jokes	Play a board game	Have alone time	Sleep well
Go to groups	Draw	Swimming	Write in a journal	Exercise

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B	I	N	G	O
Word search puzzles	Count to 10	Talk to someone	Eat healthy	Socialize with others
Get some fresh air	Write in a journal	Sing	Draw	Take deep breaths
Paint	Dance	FREE SPACE!	Listen to music	Color
Have alone time	Swimming	Watch TV	Exercise	Tell jokes
Play a board game	Sleep well	Use a stress ball	Walk	Go to groups

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B	I	N	G	O
Draw	Swimming	Count to 10	Sleep well	Dance
Watch TV	Paint	Play a board game	Walk	Sing
Use a stress ball	Exercise	FREE SPACE!	Tell jokes	Have alone time
Word search puzzles	Take deep breaths	Talk to someone	Write in a journal	Get some fresh air
Listen to music	Color	Socialize with others	Eat healthy	Go to groups

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