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

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

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

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