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

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

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

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