B	I	N	G	O
play with pets	Cooking	Arts and Crafts	Listen to music	Watch a movie
Take a walk	Go outside	play a game	Think about loved ones	Count to 10
Watch TV	go to the thrift store	**FREE**	start a new hobby	Dance
Think about happy memories	Sewing	paint your nails	Take a shower/bath	exercise
Take a time out	Visit your family	Read	Play cards	Talk to staff

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B	I	N	G	O
Take a shower/bath	Painting	Dance	Deep breathing	Think about happy memories
Talk to a friend	Take a walk	Count to 10	paint your nails	Watch a movie
Read a book	Sewing	**FREE**	play a game	start a new hobby
Cooking	Talk to staff	Go outside	Visit your family	take a walk
Write in a journal	Watch TV	Think about loved ones	exercise	Drawing

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B	I	N	G	O
Visit your family	Talk to a friend	Go outside	Watch TV	Talk to staff
Cooking	Read a book	Arts and Crafts	Take a walk	play with pets
Deep breathing	volunteer	**FREE**	take a walk	Help a friend
Count to 10	Watch a movie	Think about happy memories	Leisure activities	start a new hobby
Drawing	Take a shower/bath	Listen to music	Dance	Play cards

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