B	I	N	G	O
think of happy memories	arts and crafts	drawing	read	listen to music
deep breathing	think about a loved one	paint	complete a packet	tell a joke
watch a movie	count to ten	**FREE**	help a friend	identify your triggers
talk to staff	laugh	play cards	exercise	move around
dance	talk to a friend	do a maze	write in journal	do a word find

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B	I	N	G	O
watch a movie	write in journal	complete a packet	laugh	deep breathing
read	identify your triggers	drawing	move around	count to ten
help a friend	arts and crafts	**FREE**	exercise	play cards
do a word find	think of happy memories	do a maze	talk to staff	dance
listen to music	go outside	tell a joke	paint	think about a loved one

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B	I	N	G	O
talk to staff	exercise	watch a movie	do a word find	read
talk to a friend	tell a joke	write in journal	laugh	count to ten
play cards	complete a packet	**FREE**	help a friend	drawing
go outside	listen to music	dance	arts and crafts	think of happy memories
think about a loved one	paint	identify your triggers	move around	do a maze

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