B	I	N	G	O
Throw a foam ball	Count backwards from 100	Help the elderly	Sit in the sun	Play with a hacky sack
Garden	Think positively	Play with pets	Crochet	Run
Take a shower or bath	Weight lift	**FREE**	Do a word find/word search	Muscle relaxation
Paint your nails	Start a new hobby	Play a game	Meditate	Play with clay
Leisure activities	Forgive	Rip a paper into pieces	Yoga	Go fishing

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B	I	N	G	O
Weight lift	Crochet	Sit in the sun	Garden	Play with pets
Help the elderly	Yoga	Play with a hacky sack	Forgive	Run
Paint your nails	Do a word find/word search	**FREE**	Muscle relaxation	Count backwards from 100
Meditate	Rip a paper into pieces	Throw a foam ball	Go fishing	Start a new hobby
Play a game	Play with clay	Take a shower or bath	Think positively	Leisure activities

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B	I	N	G	O
Forgive	Rip a paper into pieces	Crochet	Play with clay	Do a word find/word search
Throw a foam ball	Paint your nails	Play a game	Think positively	Play with a hacky sack
Take a shower or bath	Go fishing	**FREE**	Start a new hobby	Meditate
Weight lift	Run	Sit in the sun	Yoga	Help the elderly
Muscle relaxation	Count backwards from 100	Play with pets	Garden	Leisure activities

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