B	I	N	G	O
Talk to staff	Ask for help	Do a puzzle	Run	Learn something new
Dance	Swim	Paint your nails	Climb a tree	Punch a punching bag
Sit in the sun	Throw a foam ball	**FREE**	Create origami	Get a hug
Go to a body of water	Sit in nature	Help a friend	Exercise	Make slime
Drink a warm cup of tea	Crossword	Play a game	Visit your family	Deep breathing

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B	I	N	G	O
Throw a foam ball	Climb a tree	Run	Dance	Paint your nails
Do a puzzle	Visit your family	Learn something new	Crossword	Punch a punching bag
Go to a body of water	Create origami	**FREE**	Get a hug	Ask for help
Exercise	Play a game	Talk to staff	Deep breathing	Sit in nature
Help a friend	Make slime	Sit in the sun	Swim	Drink a warm cup of tea

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B	I	N	G	O
Crossword	Play a game	Climb a tree	Make slime	Create origami
Talk to staff	Go to a body of water	Help a friend	Swim	Learn something new
Sit in the sun	Deep breathing	**FREE**	Sit in nature	Exercise
Throw a foam ball	Punch a punching bag	Run	Visit your family	Do a puzzle
Get a hug	Ask for help	Paint your nails	Dance	Drink a warm cup of tea

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