B	I	N	G	O
Watch TV	Arts and Crafts	Exercise	Talk to a friend	Read
Draw or Doodle	Visit family even if virtual	Shower or wash	Check in with a neighbor	Take a walk
Think about loved ones	Watch a movie	**FREE**	Dance	Listen to music
Play cards	Think about happy memories	Play with paint or markers	Go outside	Run a vacuum
Gather or do laundry	Deep breathing	Take a time out	Write in a journal	Eat Something

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B	I	N	G	O
Watch a movie	Check in with a neighbor	Talk to a friend	Draw or Doodle	Shower or wash
Exercise	Write in a journal	Read	Deep breathing	Take a walk
Play cards	Dance	**FREE**	Listen to music	Arts and Crafts
Go outside	Take a time out	Watch TV	Eat Something	Think about happy memories
Play with paint or markers	Run a vacuum	Think about loved ones	Visit family even if virtual	Gather or do laundry

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B	I	N	G	O
Deep breathing	Take a time out	Check in with a neighbor	Run a vacuum	Dance
Watch TV	Play cards	Play with paint or markers	Visit family even if virtual	Read
Think about loved ones	Eat Something	**FREE**	Think about happy memories	Go outside
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Exercise
Listen to music	Arts and Crafts	Shower or wash	Draw or Doodle	Gather or do laundry

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