B	I	N	G	O
Watch TV	Arts and Crafts	Exercise	Talk to a friend	Play cards
Deep breathing	Visit your family	Sewing	Cooking	Take a walk
Think about loved ones	Watch a movie	**FREE**	Count to 10	Listen to music
Listen to music	Think about happy memories	Painting	Help a friend	Read
Go outside	Dance	Take a time out	Write in a journal	Drawing

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B	I	N	G	O
Watch a movie	Cooking	Talk to a friend	Deep breathing	Sewing
Exercise	Write in a journal	Play cards	Dance	Take a walk
Listen to music	Count to 10	**FREE**	Listen to music	Arts and Crafts
Help a friend	Take a time out	Watch TV	Drawing	Think about happy memories
Painting	Read	Think about loved ones	Visit your family	Go outside

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B	I	N	G	O
Dance	Take a time out	Cooking	Read	Count to 10
Watch TV	Listen to music	Painting	Visit your family	Play cards
Think about loved ones	Drawing	**FREE**	Think about happy memories	Help a friend
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Exercise
Listen to music	Arts and Crafts	Sewing	Deep breathing	Go outside

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