

B	I	N	G	O
Watch TV	Challenge your gremlin	Go outside	Take a walk	Play board game
Drawing	Think about loved ones	Read	Color mandala	Take a time out
Talk to staff	Watch a funny video	FREE	Dance	Organize room
Painting	Talk to a friend	Play a sport	Listen to music	Play cards
Help a friend	Deep breathing	Say how you're feeling	Write in a journal	Exercise

B	I	N	G	O
Watch a funny video	Color mandala	Take a walk	Drawing	Read
Go outside	Write in a journal	Play board game	Deep breathing	Take a time out
Painting	Dance	FREE	Organize room	Challenge your gremlin
Listen to music	Say how you're feeling	Watch TV	Excerise	Talk to a friend
Play a sport	Play cards	Talk to staff	Think about loved ones	Help a friend

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Deep breathing	Say how you're feeling	Color mandala	Play cards	Dance
Watch TV	Painting	Play a sport	Think about loved ones	Play board game
Talk to staff	Exercise	FREE	Talk to a friend	Listen to music
Watch a funny video	Take a time out	Take a walk	Write in a journal	Go outside
Organize room	Challenge your gremlin	Read	Drawing	Help a friend