B	I	N	G	O
Use tens machine	Bake something	Get a hug	Take a nap	Play a game
Eat chocolate	Use heating pad	Read a book	Do a craft	Take a deep breath
Think nice thoughts	Watch a movie	FREE SPACE!	Drink cold water	Have a snack
Lite some candles	Take calm even breaths	Pet a cat	Have a bath	Put on comfy clothing
Have a Drink	Drink hot tea	Snuggle with children	Watch some TV	Eat some cake

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B	I	N	G	O
Watch a movie	Do a craft	Take a nap	Eat chocolate	Read a book
Get a hug	Watch some TV	Play a game	Drink hot tea	Take a deep breath
Lite some candles	Drink cold water	FREE SPACE!	Have a snack	Bake something
Have a bath	Snuggle with children	Use tens machine	Eat some cake	Take calm even breaths
Pet a cat	Put on comfy clothing	Think nice thoughts	Use heating pad	Have a Drink

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B	I	N	G	O
Drink hot tea	Snuggle with children	Do a craft	Put on comfy clothing	Drink cold water
Use tens machine	Lite some candles	Pet a cat	Use heating pad	Play a game
Think nice thoughts	Eat some cake	FREE SPACE!	Take calm even breaths	Have a bath
Watch a movie	Take a deep breath	Take a nap	Watch some TV	Get a hug
Have a snack	Bake something	Read a book	Eat chocolate	Have a Drink

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