B	I	N	G	O
Watch a movie	Arts and craft	Go outside	Talk to a friend	Stress balls
Drawing	Watch TV	Take a bath or shower	Count to 10	Think about loved ones
Write in a journal	Dance	Painting	Play games	Think about happy memories
Read	Take a walk	Help a friend	Take Space	Deep breathing
Talk to friend	Excerise	painting	Free space	Listen to music

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B	I	N	G	O
Write in a journal	Dance	Think about loved ones	Count to 10	Deep breathing
Free space	Think about happy memories	Painting	Stress balls	Take a walk
Drawing	Go outside	Take a bath or shower	Take Space	Watch a movie
Read	Excerise	Watch TV	Help a friend	Talk to a friend
Talk to friend	painting	Listen to music	Arts and craft	Play games

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B	I	N	G	O
Think about happy memories	Take Space	Excerise	Free space	Help a friend
Deep breathing	Listen to music	Drawing	Painting	Watch a movie
Read	Talk to friend	Take a bath or shower	Dance	Watch TV
Write in a journal	Take a walk	painting	Count to 10	Arts and craft
Play games	Think about loved ones	Talk to a friend	Go outside	Stress balls

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