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

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

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