

COPING SKILLS BINGO



A NOTE FROM COUNSELOR Keri



Fellow counselor,

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I'd love to keep in touch with you via email to share counseling ideas, activities, and exclusive free resources! If you're interested, [join my weekly email group using this link.](#)

If you have any questions about a resource you purchase from my store, please always feel free to email me at counselorkeri@gmail.com! If you want to be the first to know about new products and product updates, be sure to follow me on TpT, and I'd love to connect with you on social media!



Happy counseling!
COUNSELOR Keri

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DISCLOSURE STATEMENT

COUNSELOR Keri

COPING SKILLS

BINGO

Instructions:

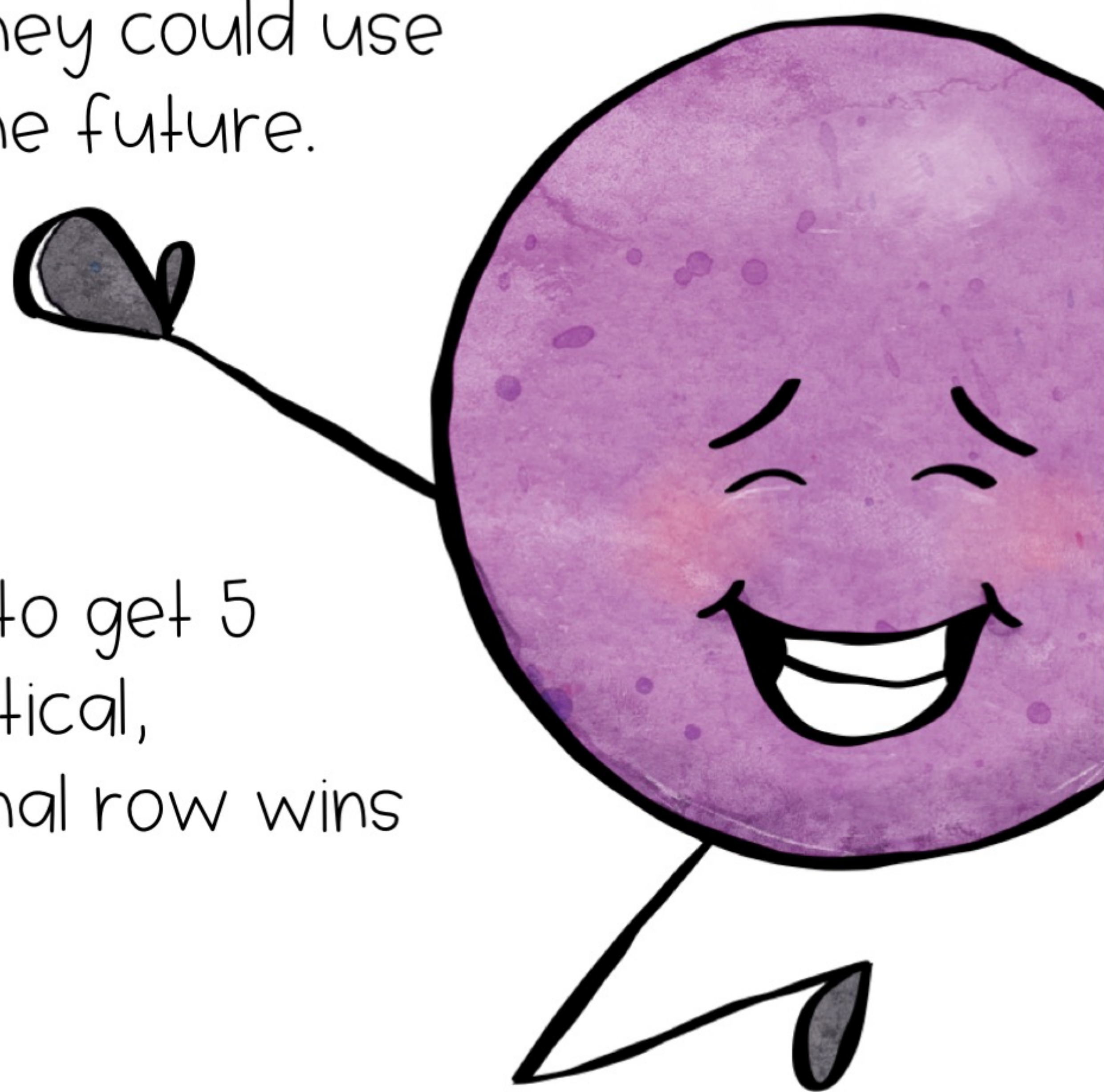
- Print and laminate Coping Skills Bingo cards, card markers, and calling cards.

- Give students bingo cards and game markers.

Pull a calling card. Ask students to share a time when they have used that coping skill or a situation in which they could use that coping skill in the future.

When appropriate, have a student demonstrate the coping skill.

- The first student to get 5 coping skills in a vertical, horizontal, or diagonal row wins the game.



COPING SKILLS

BINGO



Go for a walk



Read a book



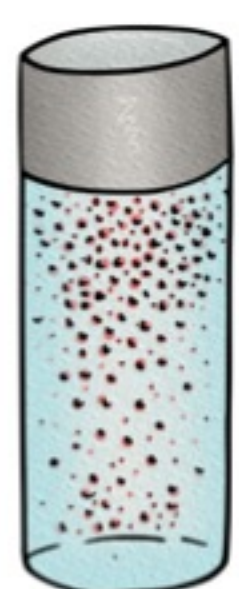
Write about
your feelings



Spend time in
nature



Count down
from 10



Shake a glitter bottle



Listen to music



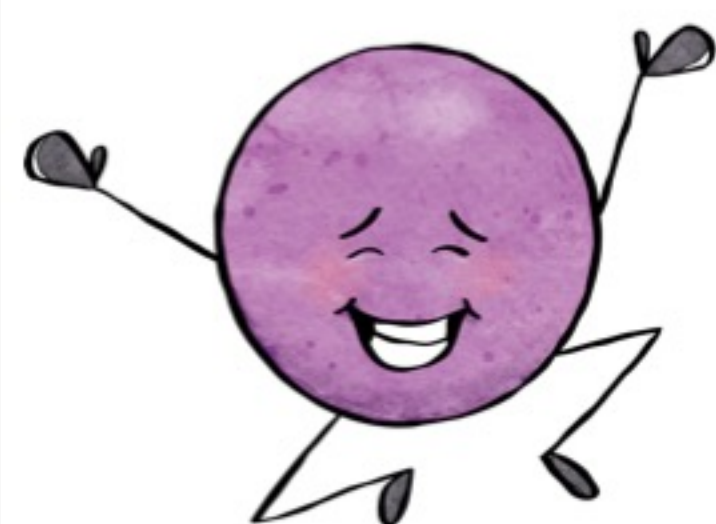
Squeeze a
stress ball



Find something
beautiful



Build something



Exercise



Do yoga

FREE
SPACE



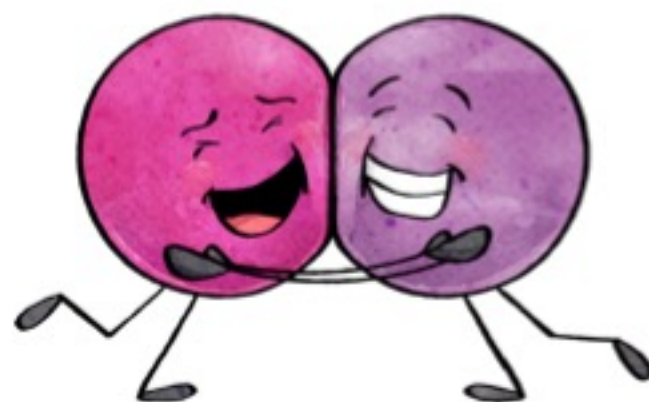
Write a letter



Control your
breathing



Spend time
with a pet



Spend time
with a friend



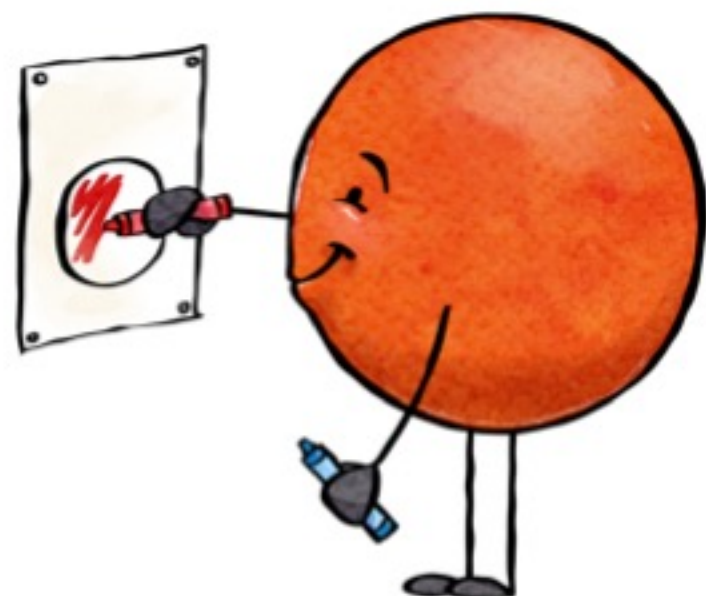
Dance



Make a list of 5
positive things



Practice
mindfulness



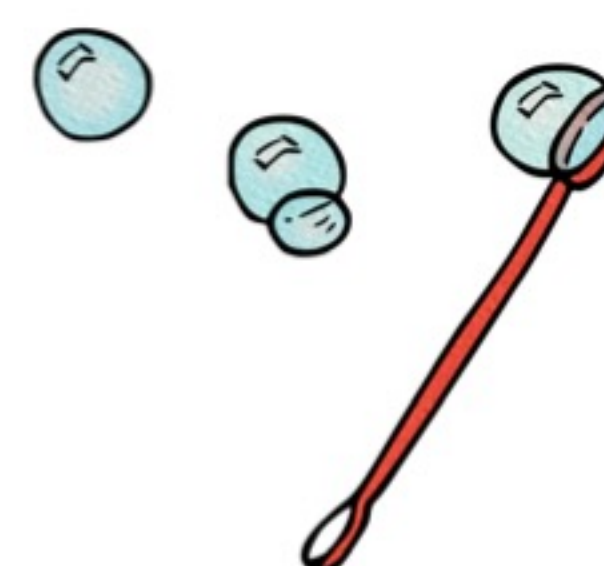
Draw a picture



Play a game



Say affirmations



Blow bubbles



Push a wall

COPING SKILLS

BINGO



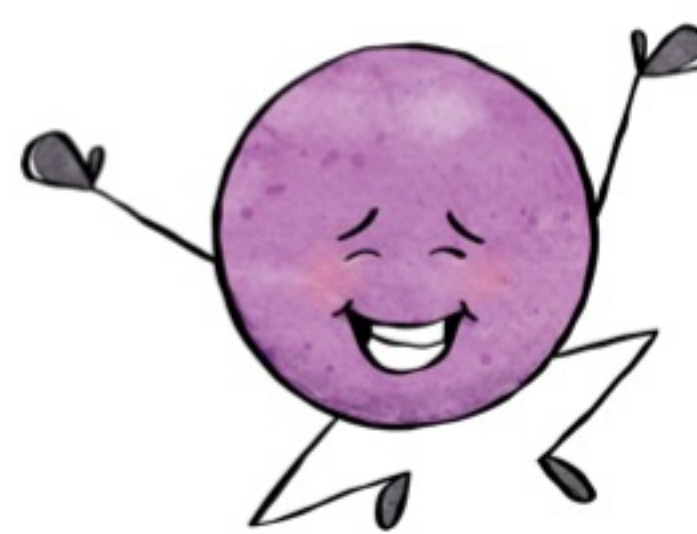
Spend time in nature



Play a game



Say affirmations



Exercise



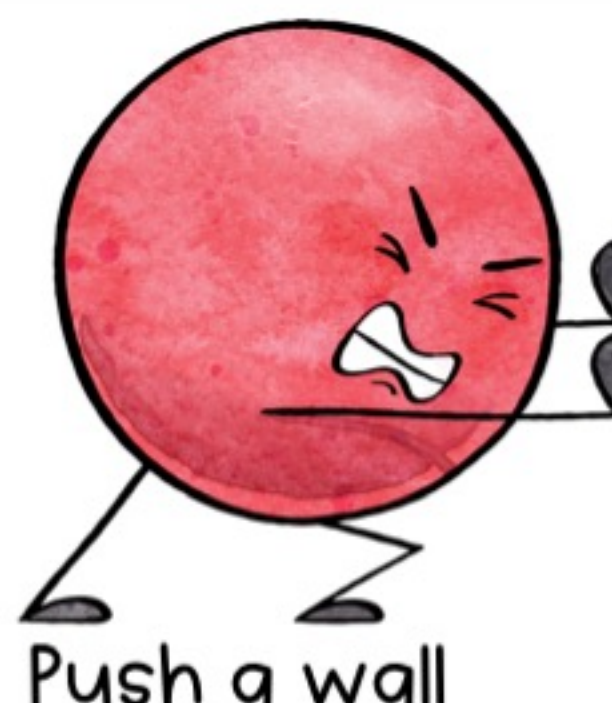
Make a list of 5 positive things



Practice mindfulness



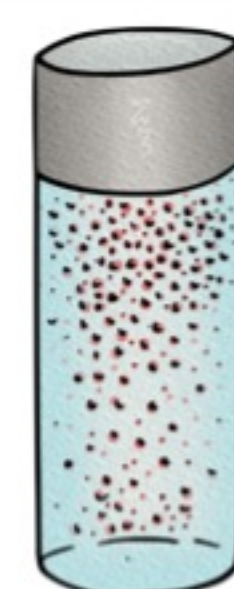
Dance



Push a wall



Find something beautiful



Shake a glitter bottle



Write about your feelings



Do yoga

FREE SPACE



Spend time with a pet



Go for a walk



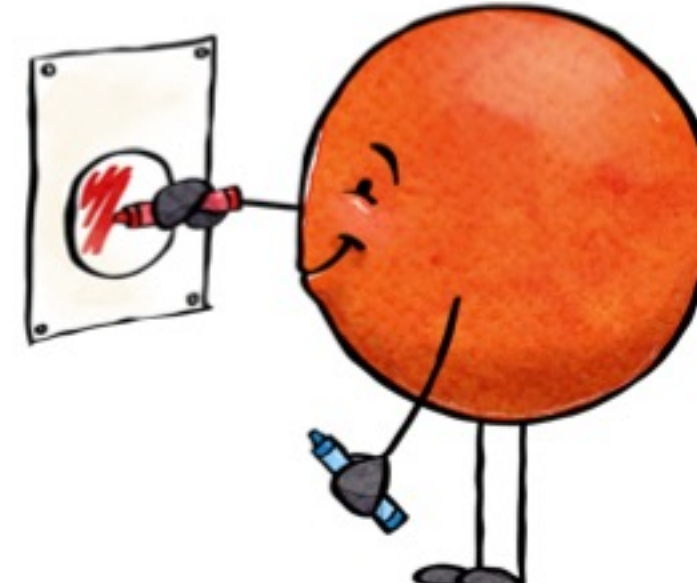
Write a letter



Read a book



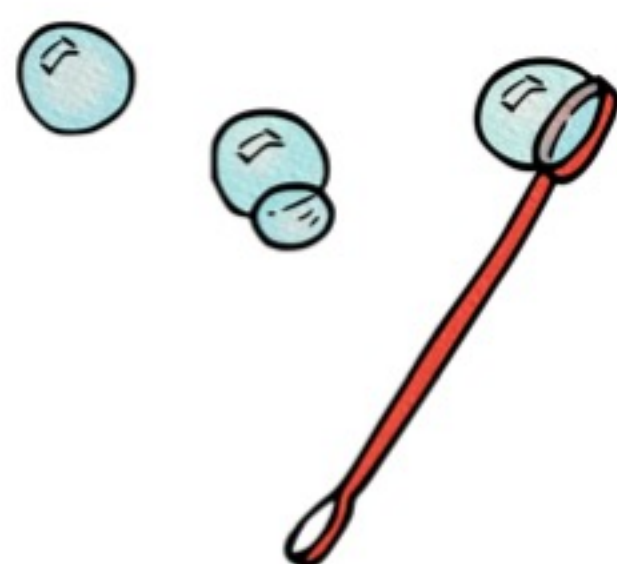
Control your breathing



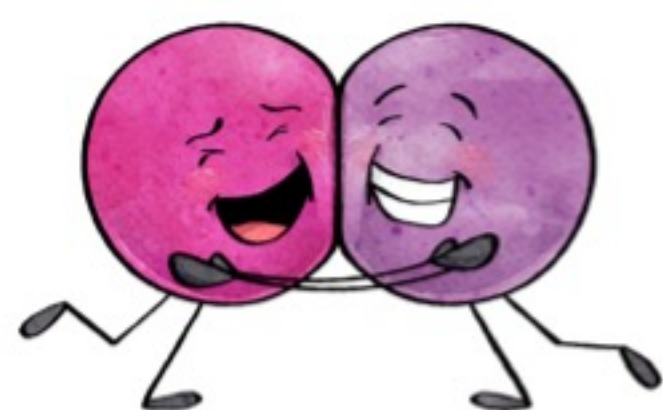
Draw a picture



Listen to music



Blow bubbles



Spend time with a friend



Count down from 10



Build something



Squeeze a stress ball

COPING SKILLS

BINGO



Listen to music



Count down
from 10



Find something
beautiful



Build something



Do yoga



Spend time in
nature



Spend time with
a pet



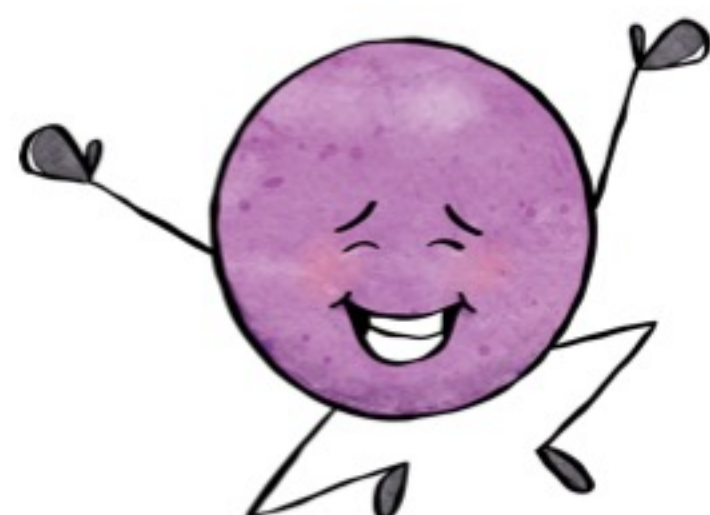
Practice
mindfulness



Dance



Control your
breathing



Exercise

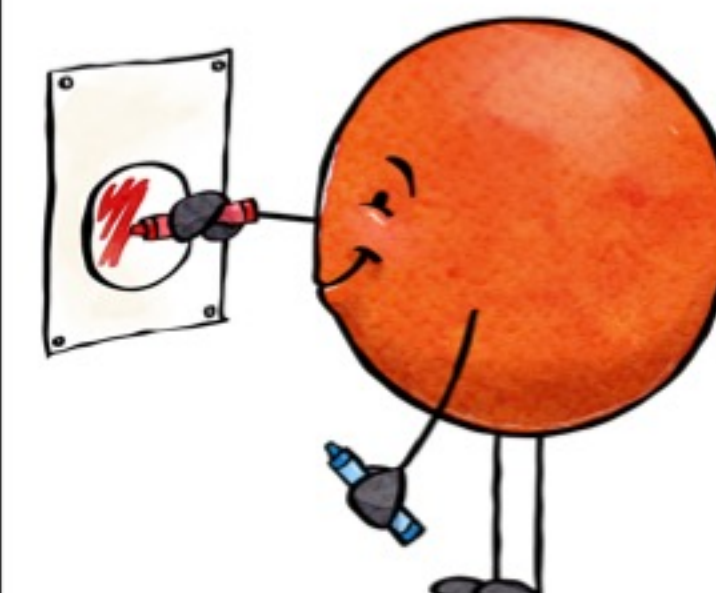


Say affirmations

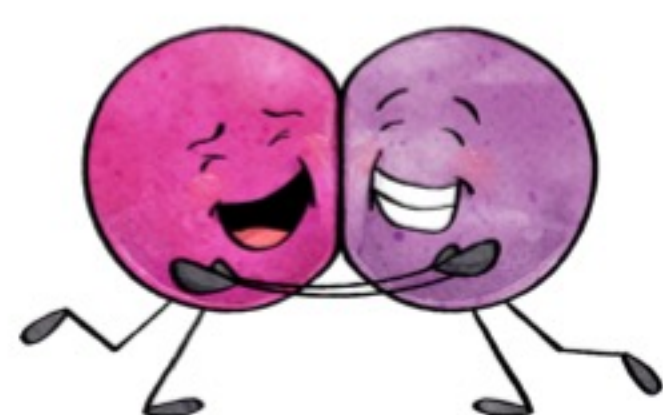
FREE
SPACE



Read a book



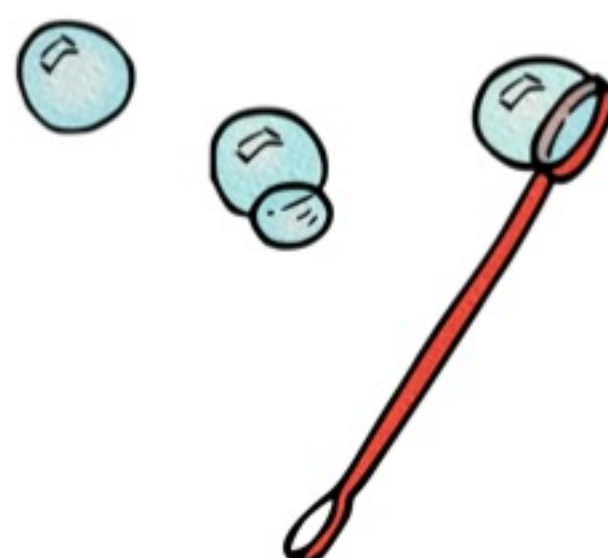
Draw a picture



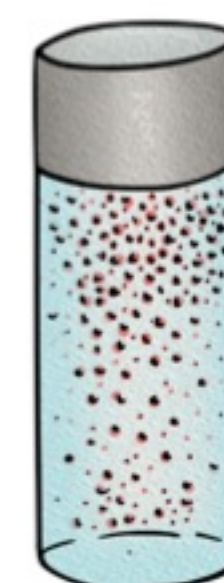
Spend time with
a friend



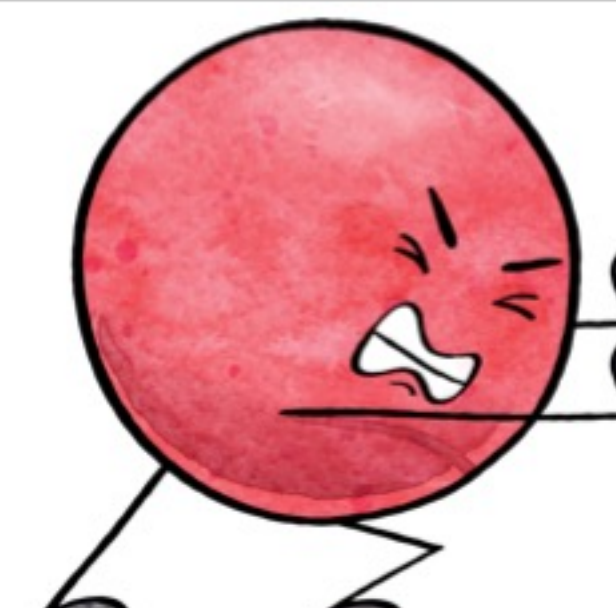
Go for a walk



Blow bubbles



Shake a glitter bottle



Push a wall



Write about
your feelings



Play a game



Write a letter



Make a list of 5
positive things



Squeeze a
stress ball

COPING SKILLS

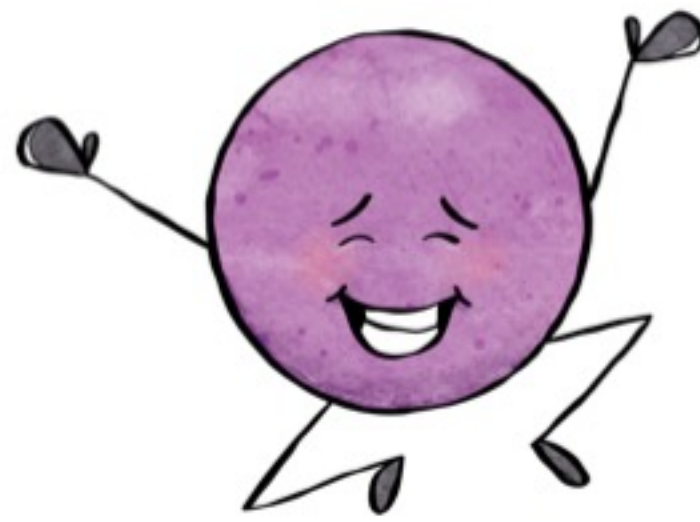
BINGO



Listen to music



Find something beautiful



Exercise



Write about your feelings



Control your breathing



Play a game



Do yoga



Spend time with a pet



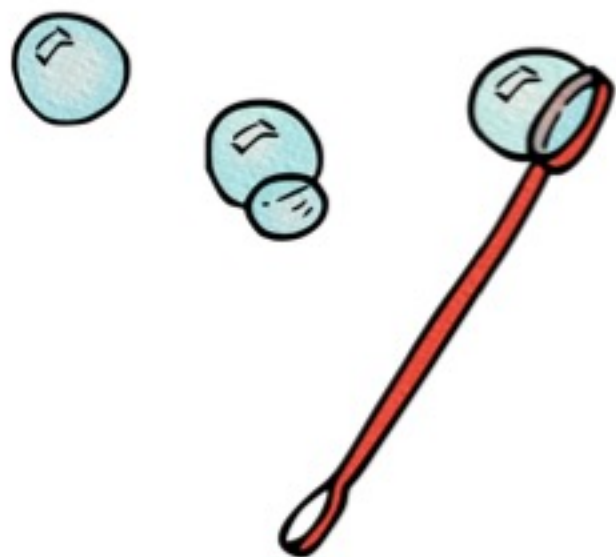
Say affirmations



Make a list of 5 positive things

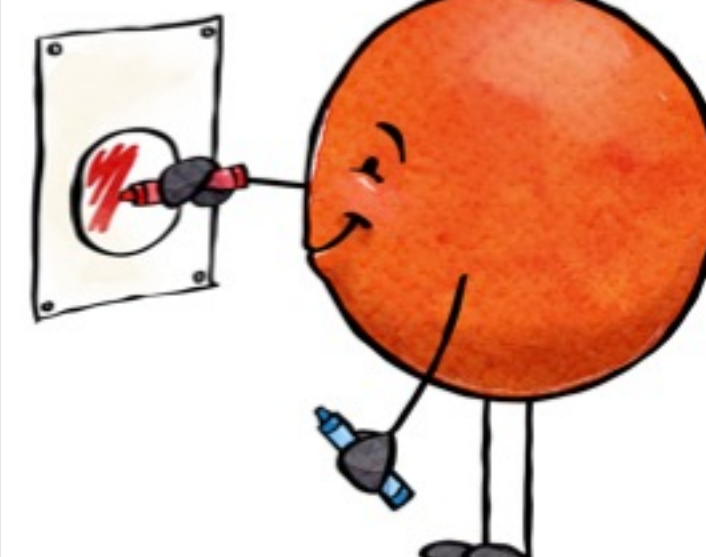


Dance



Blow bubbles

FREE SPACE



Draw a picture



Count down from 10



Write a letter



Read a book



Push a wall



Squeeze a stress ball



Practice mindfulness



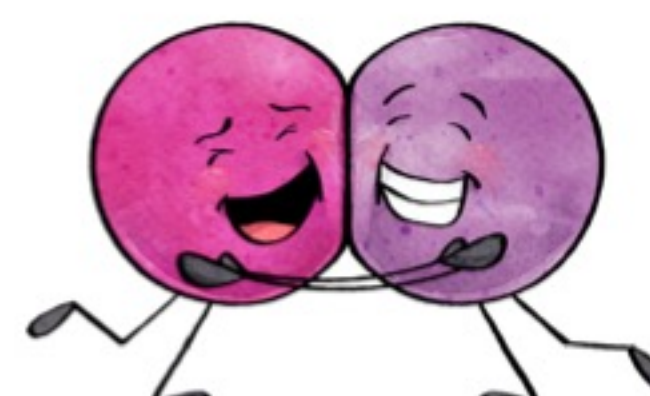
Spend time in nature



Build something



Shake a glitter bottle



Spend time with a friend



Go for a walk

COPING SKILLS BIN GO



Make a list of 5 positive things



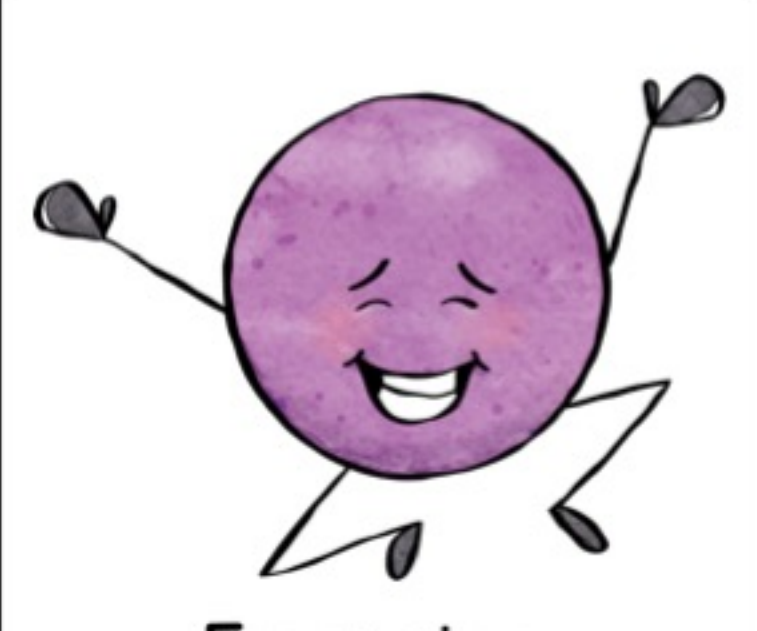
Say affirmations



Dance



Find something beautiful



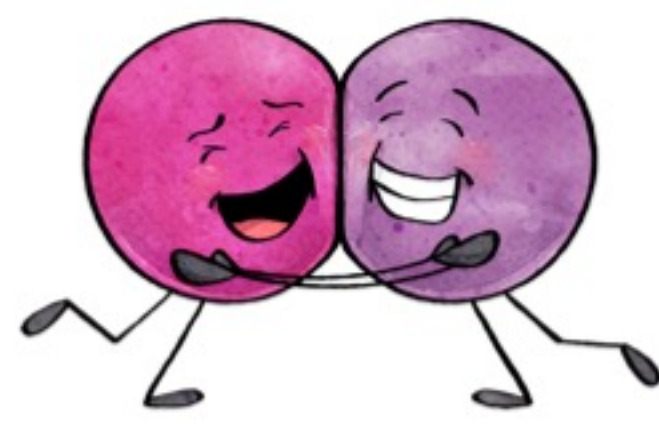
Exercise



Control your breathing



Push a wall



Spend time with a friend



Build something



Count down from 10



Write a letter



Read a book

FREE SPACE



Listen to music



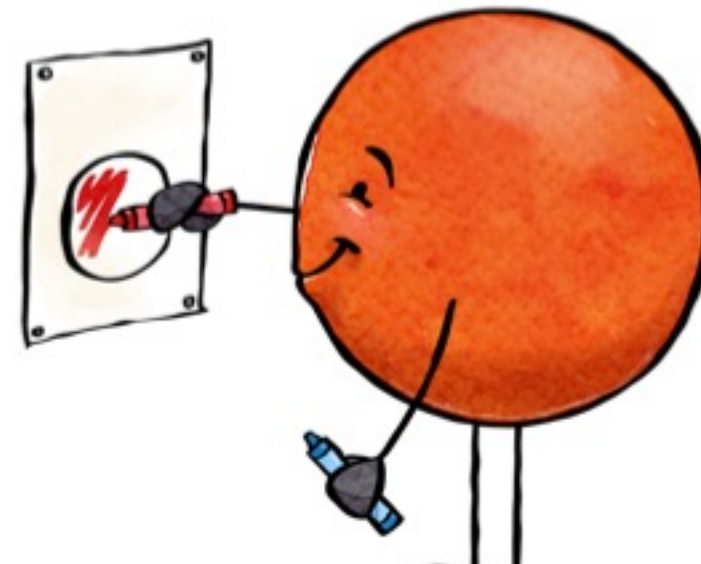
Spend time in nature



Practice mindfulness



Go for a walk



Draw a picture



Spend time with a pet



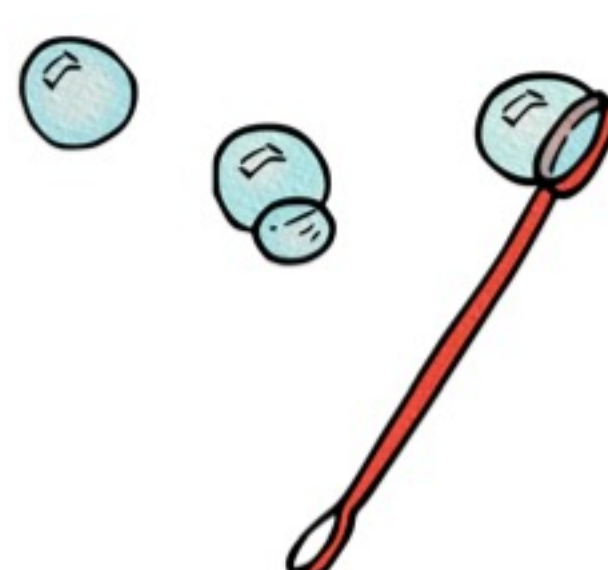
Do yoga



Play a game



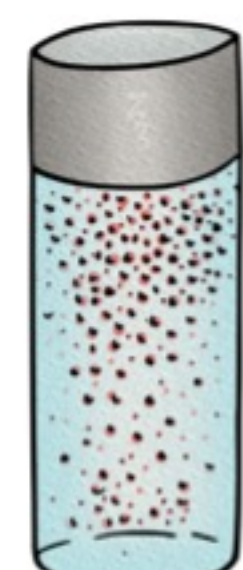
Squeeze a stress ball



Blow bubbles



Write about your feelings



Shake a glitter bottle

COPING SKILLS

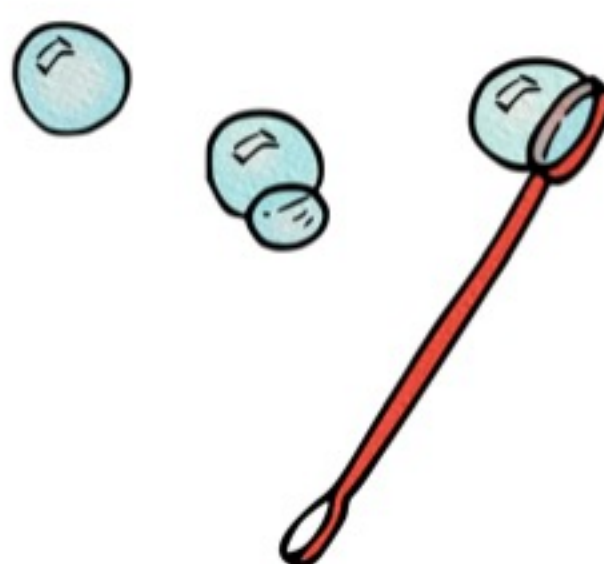
BINGO



Dance



Make a list of 5 positive things



Blow bubbles



Build something



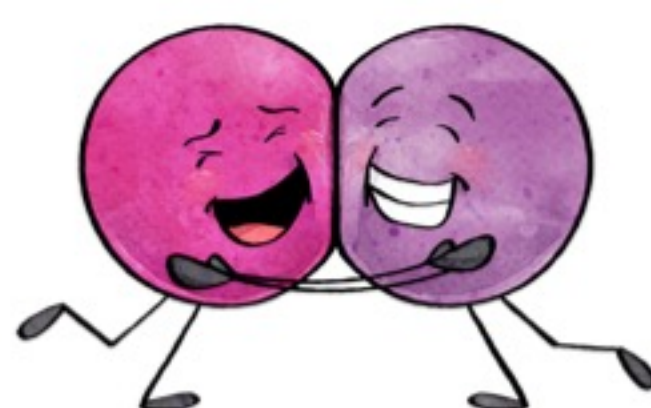
Exercise



Read a book



Spend time with a pet



Spend time with a friend



Practice mindfulness



Count down from 10



Go for a walk



Listen to music

FREE SPACE



Shake a glitter bottle



Play a game



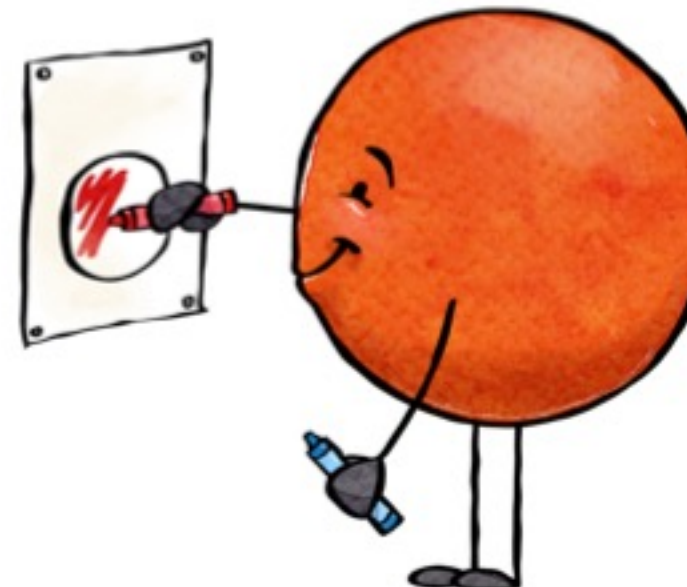
Find something beautiful



Say affirmations



Spend time in nature



Draw a picture



Push a wall



Do yoga



Control your breathing



Write about your feelings



Write a letter



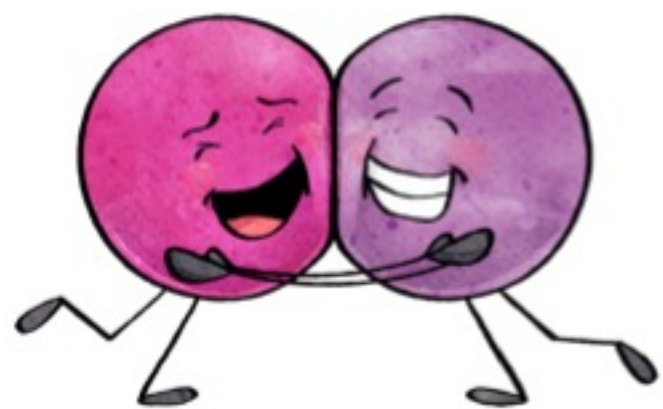
Squeeze a stress ball

COPING SKILLS

BINGO



Spend time
with a pet



Spend time
with a friend



Push a wall



Practice
mindfulness



Count down
from 10



Spend time in
nature



Shake a glitter bottle



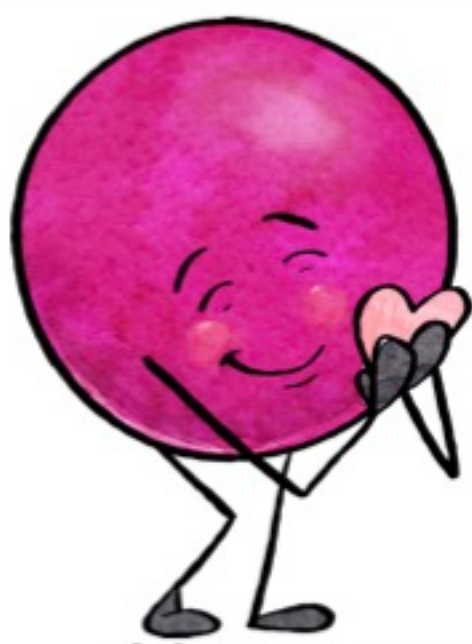
Listen to music



Write a letter



Build something



Say affirmations

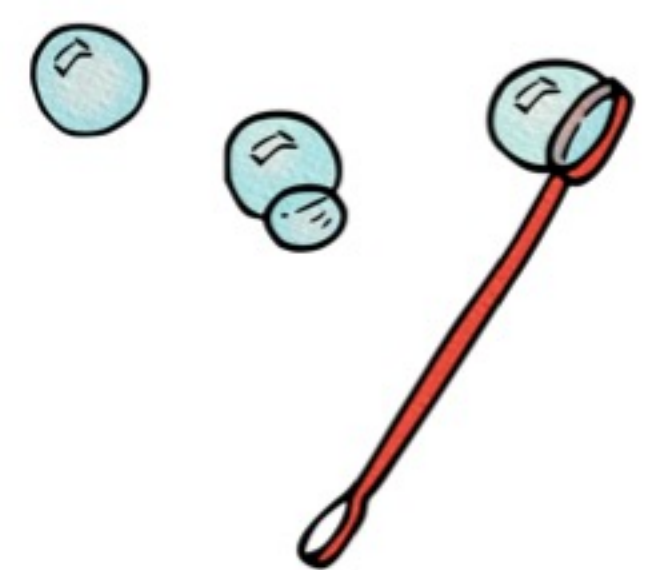


Go for a walk

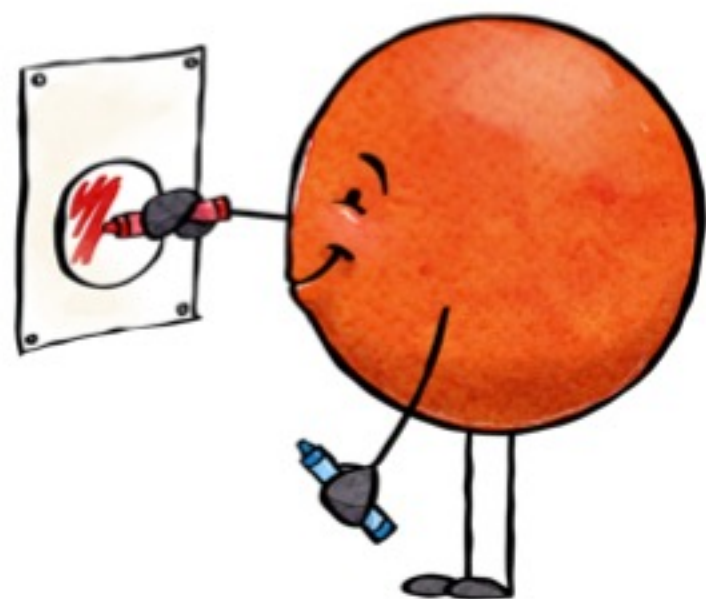
FREE
SPACE



Squeeze a
stress ball



Blow bubbles



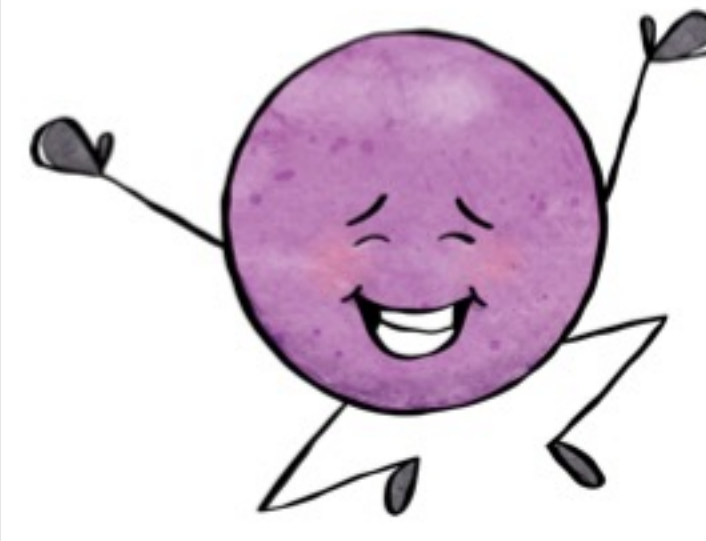
Draw a picture



Control your
breathing



Do yoga



Exercise



Make a list of 5
positive things



Play a game



Dance



Read a book



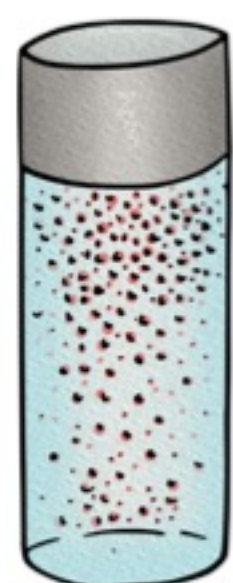
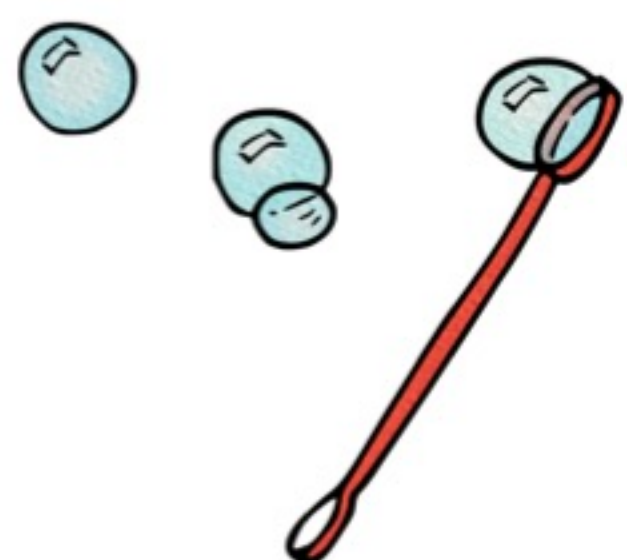
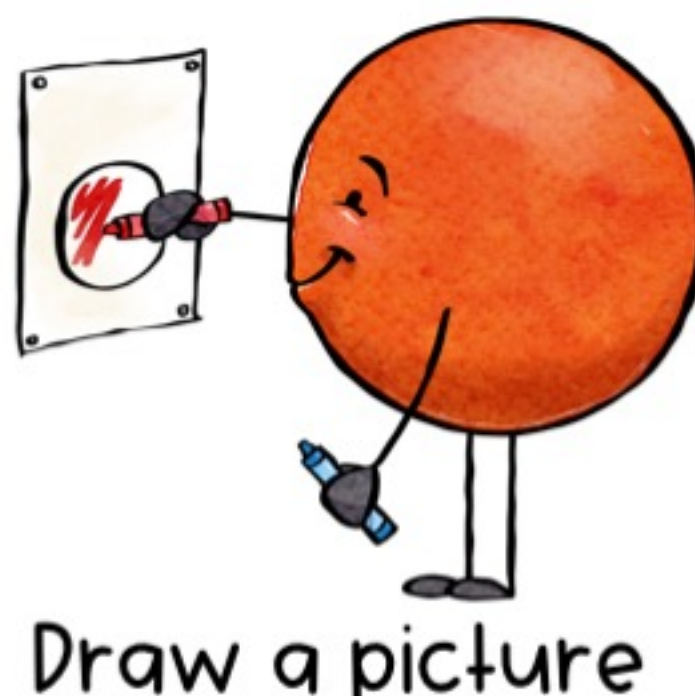
Find something
beautiful



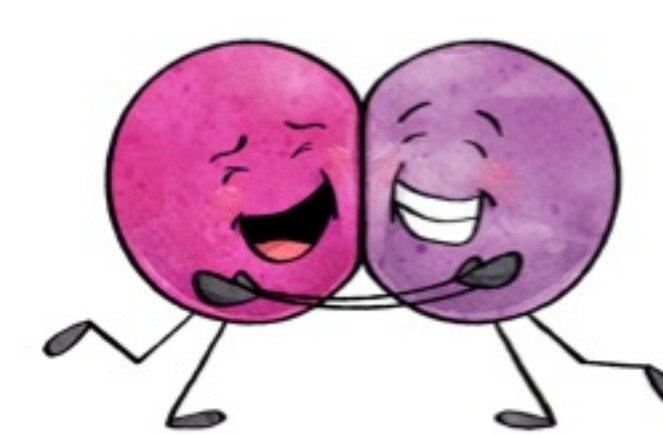
Write about
your feelings

COPING SKILLS

BINGO



FREE SPACE



COPING SKILLS

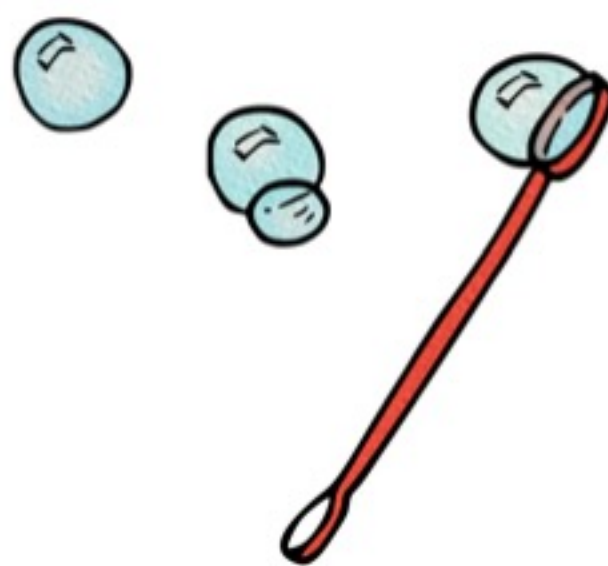
BINGO



Control your
breathing



Do yoga



Blow bubbles



Spend time
with a pet



Build something



Play a game



Dance



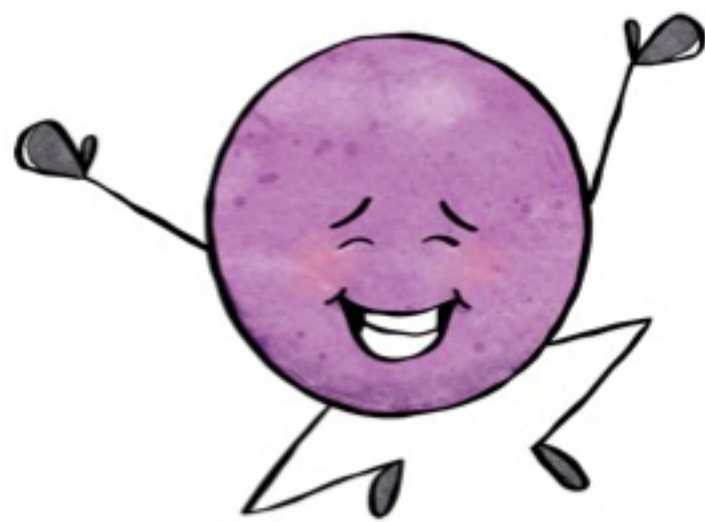
Make a list of 5
positive things



Write about
your feelings



Say affirmations



Exercise

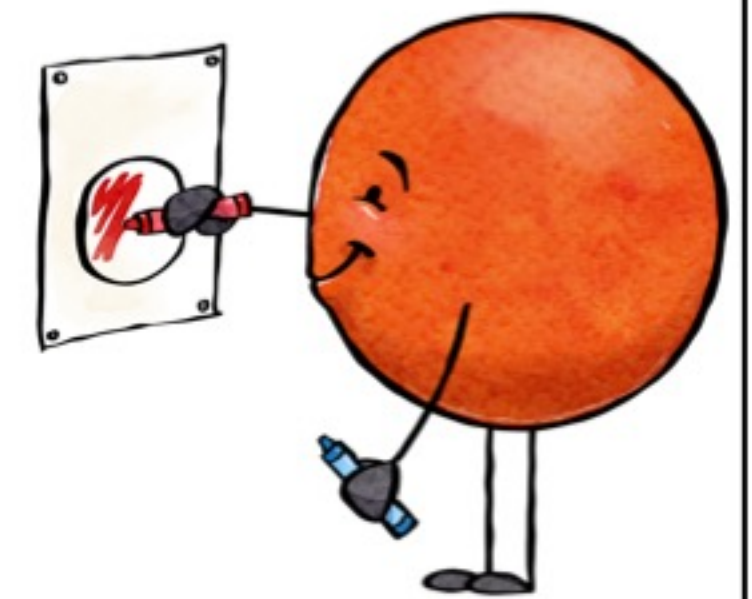


Spend time in
nature

FREE
SPACE



Practice
mindfulness



Draw a picture



Find something
beautiful



Squeeze a
stress ball



Count down
from 10



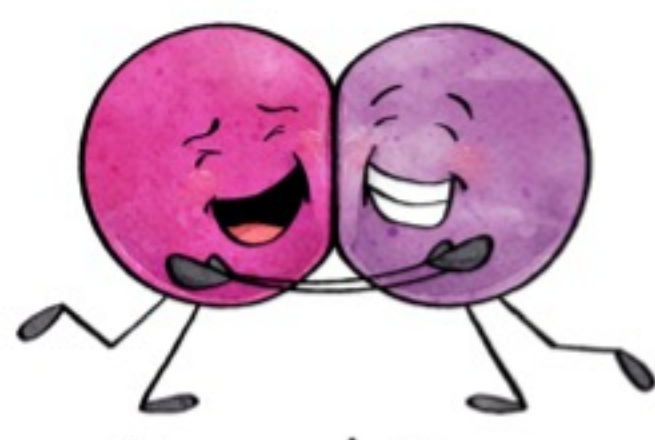
Push a wall



Read a book



Write a letter



Spend time
with a friend



Go for a walk



Shake a glitter bottle



Listen to music

COPING SKILLS

BINGO



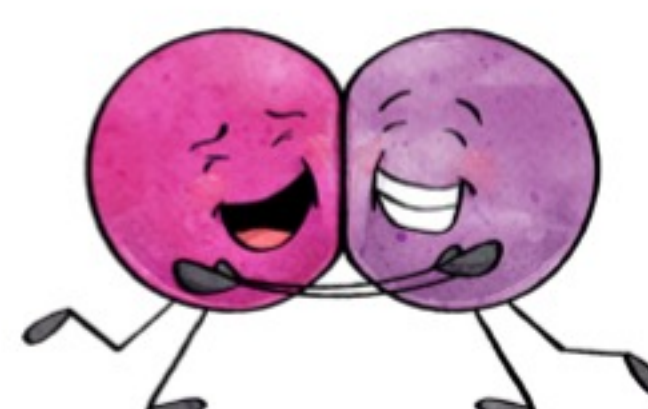
Write about
your feelings



Spend time
with a pet



Dance



Spend time
with a friend



Practice
mindfulness



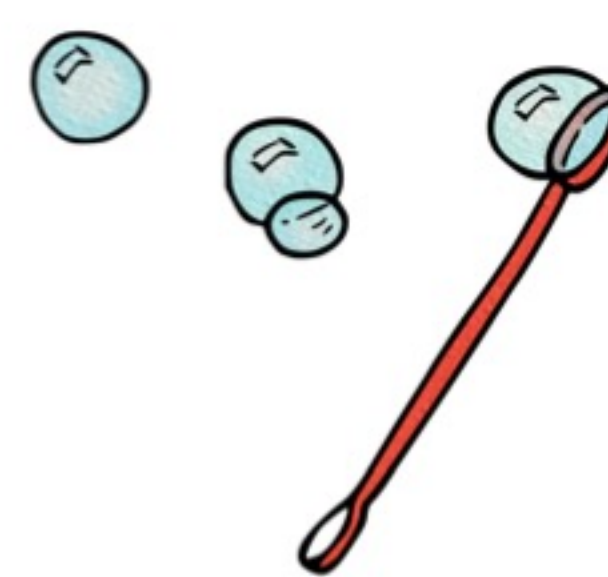
Write a letter



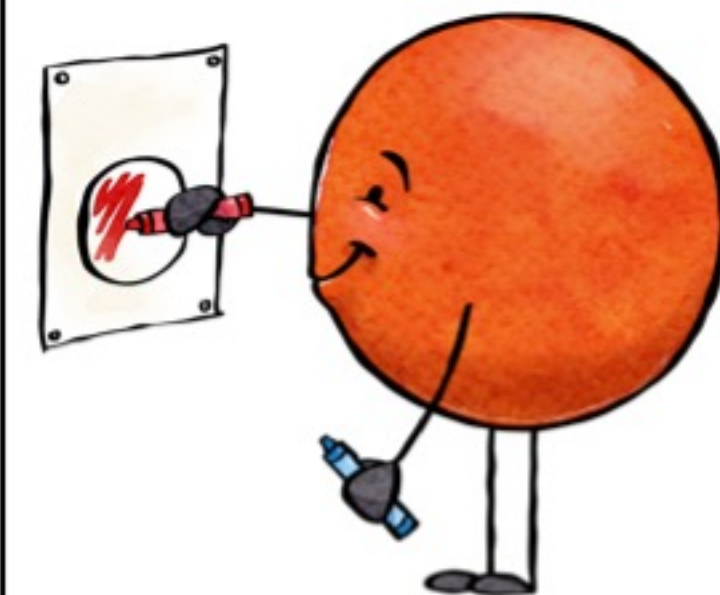
Squeeze a
stress ball



Listen to music



Blow bubbles



Draw a picture



Say affirmations



Control your
breathing

FREE
SPACE



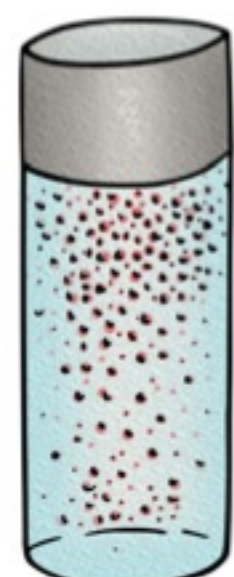
Make a list of 5
positive things



Count down
from 10



Go for a walk



Shake a glitter bottle



Play a game



Read a book



Push a wall



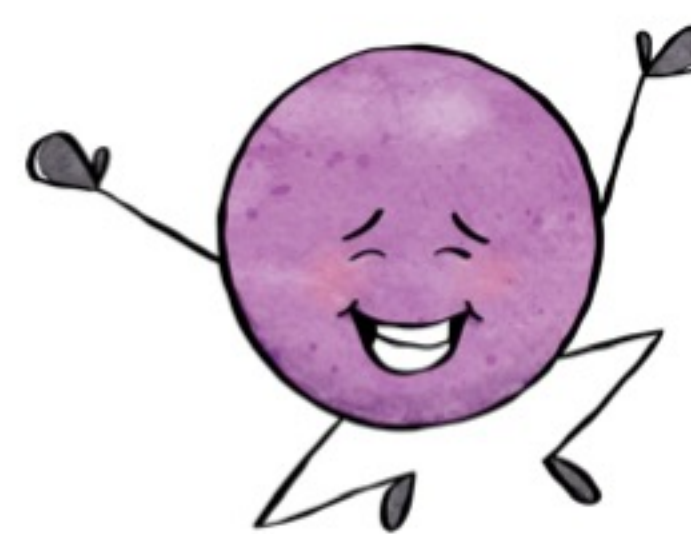
Do yoga



Find something
beautiful



Spend time in
nature



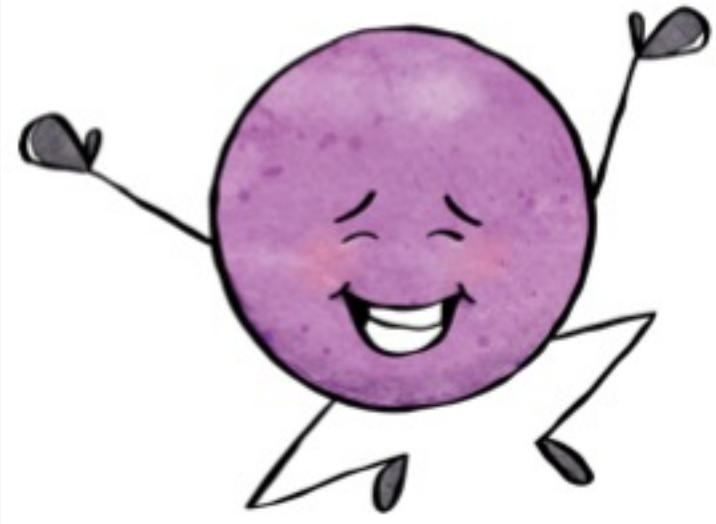
Exercise



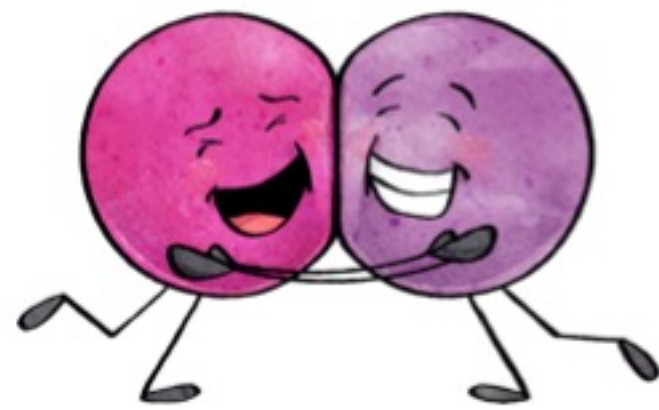
Build something

COPING SKILLS

BINGO



Exercise



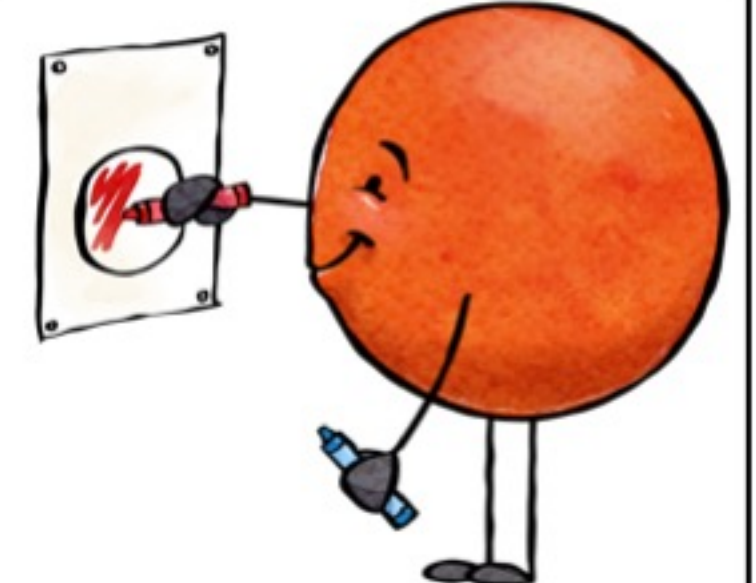
Spend time with a friend



Spend time with a pet



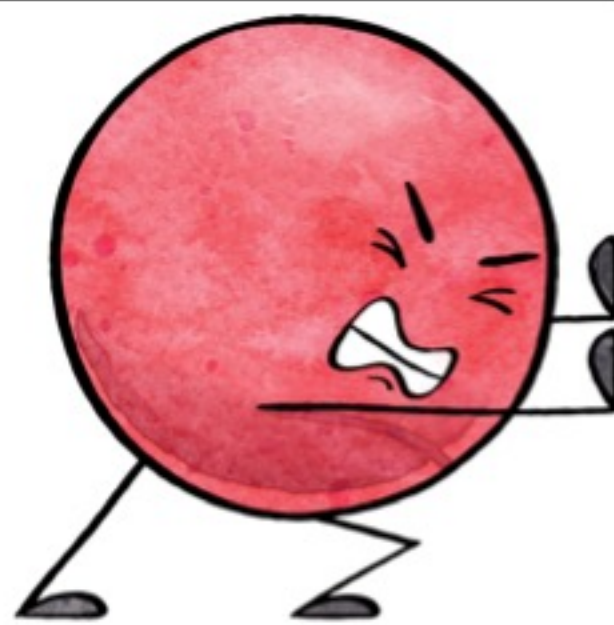
Shake a glitter bottle



Draw a picture



Build something



Push a wall



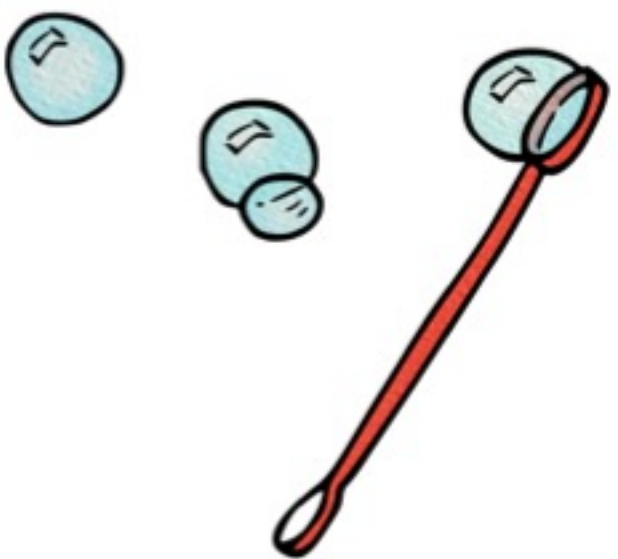
Count down from 10



Listen to music



Say affirmations



Blow bubbles



Spend time in nature

FREE SPACE



Control your breathing



Dance



Read a book



Write a letter



Squeeze a stress ball



Play a game



Do yoga



Go for a walk



Practice mindfulness



Make a list of 5 positive things



Write about your feelings



Find something beautiful

COPING SKILLS

B I N G O



Squeeze a stress ball



Control your breathing



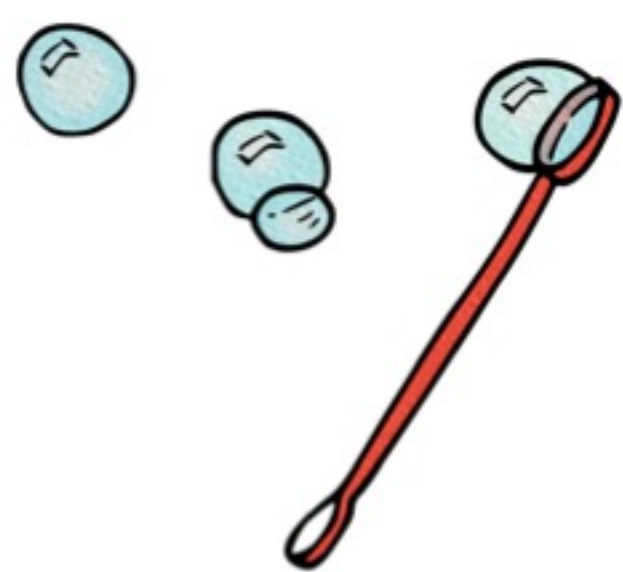
Listen to music



Spend time with a pet



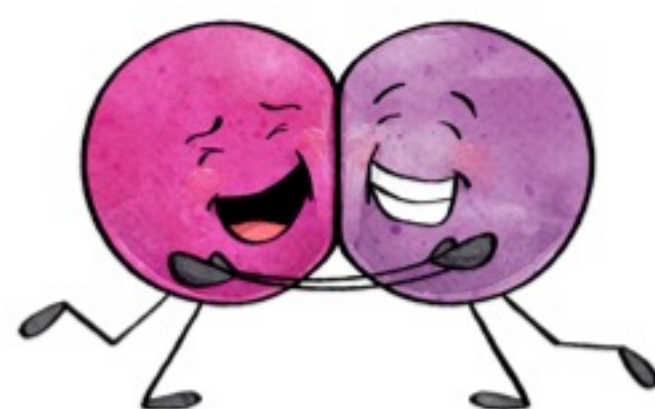
Write a letter



Blow bubbles



Dance



Spend time with a friend



Push a wall



Make a list of 5 positive things



Find something beautiful



Go for a walk

FREE SPACE



Count down from 10



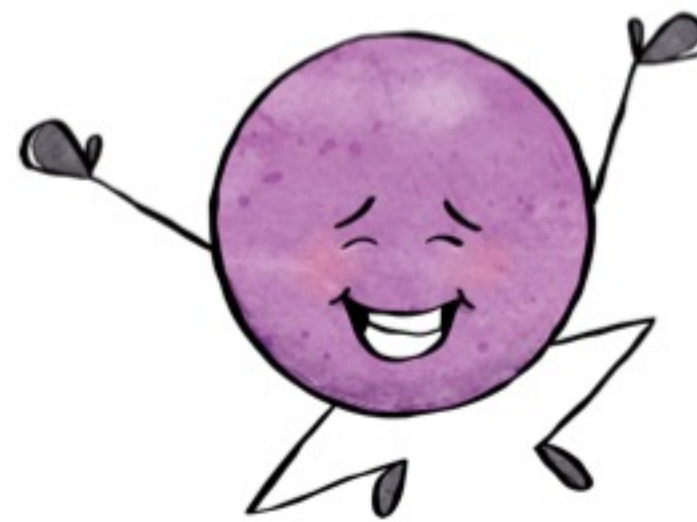
Say affirmations



Do yoga



Write about your feelings



Exercise



Play a game



Read a book



Practice mindfulness



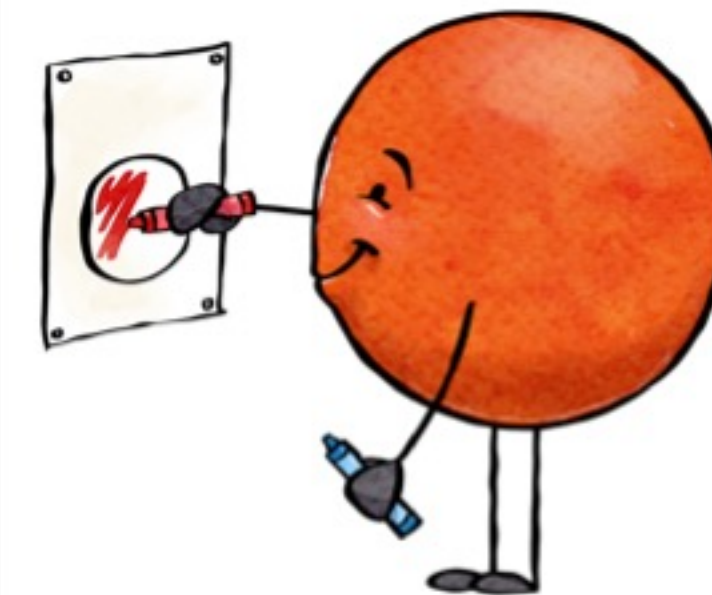
Shake a glitter bottle



Build something



Spend time in nature



Draw a picture

COPING SKILLS

BINGO



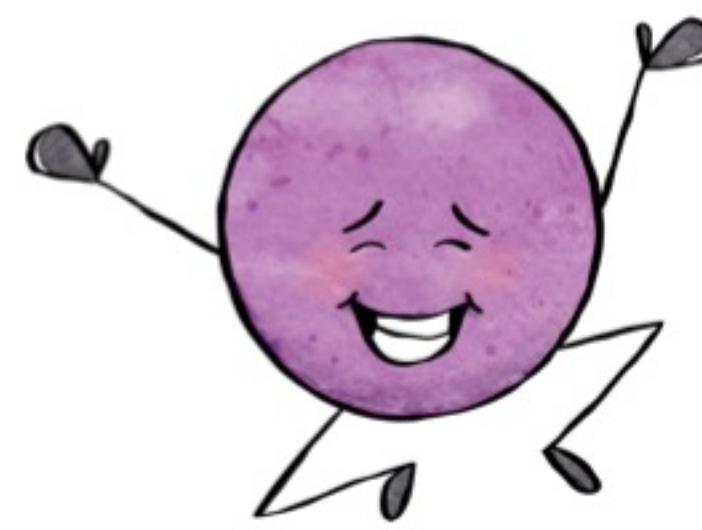
Make a list of 5 positive things



Find something beautiful



Shake a glitter bottle



Exercise



Squeeze a stress ball



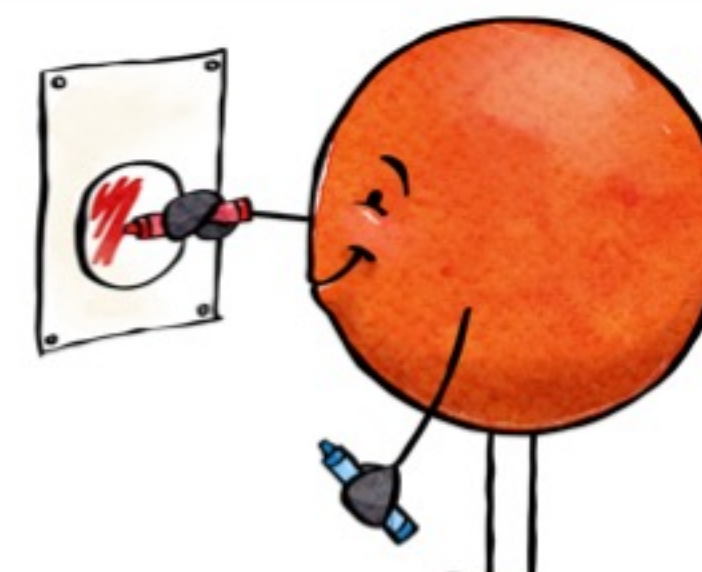
Push a wall



Spend time with a pet



Do yoga



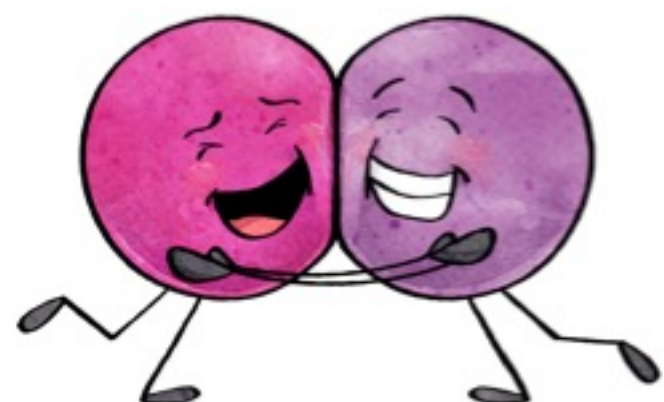
Draw a picture



Say affirmations

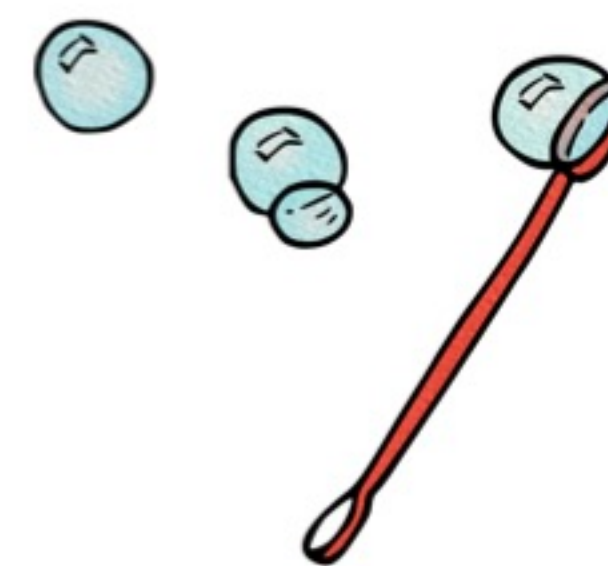


Practice mindfulness



Spend time with a friend

FREE SPACE



Blow bubbles



Write about your feelings



Control your breathing



Dance



Listen to music



Play a game



Count down from 10



Go for a walk



Read a book



Build something



Spend time in nature



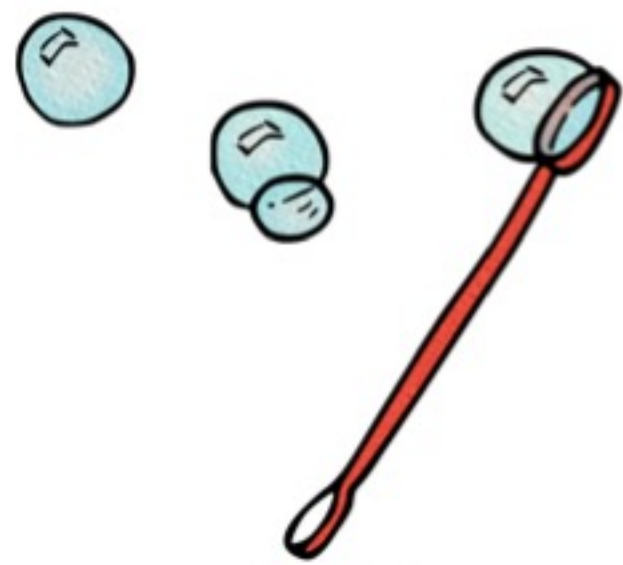
Write a letter

COPING SKILLS

BINGO



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Squeeze a stress ball



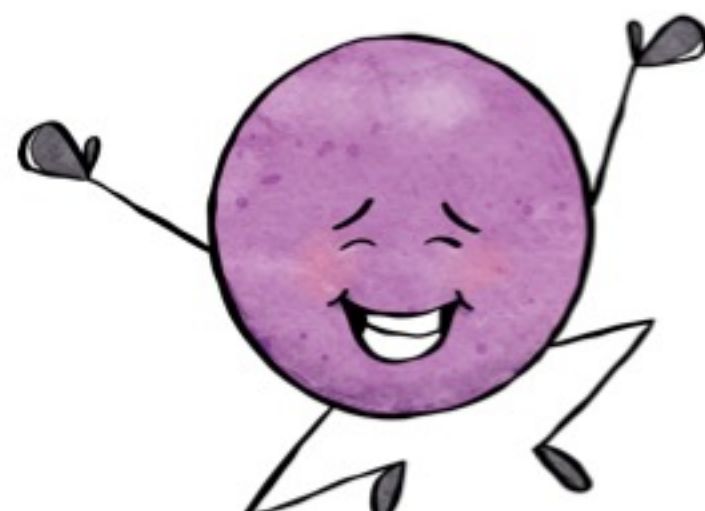
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Practice mindfulness



Write a letter

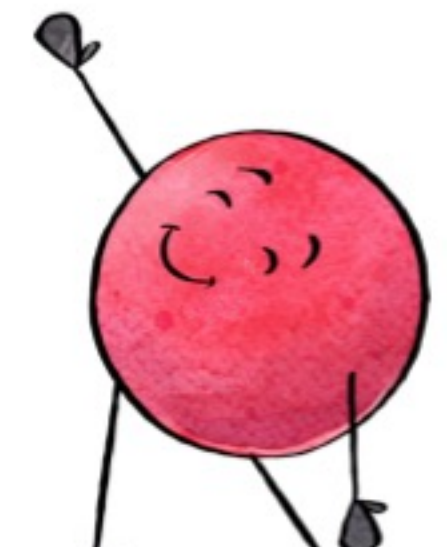


Exercise

FREE SPACE



Read a book



Do yoga



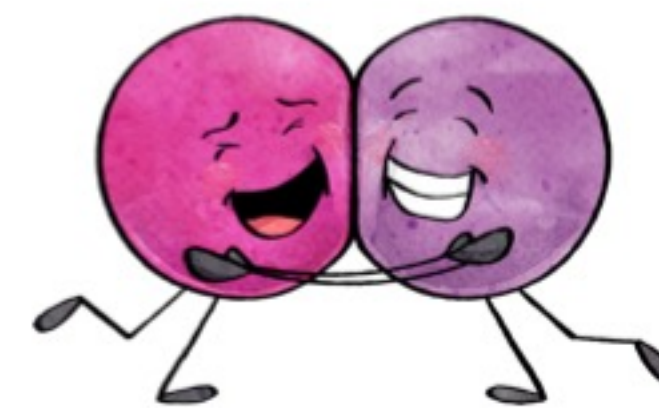
Listen to music



Dance



Write about your feelings



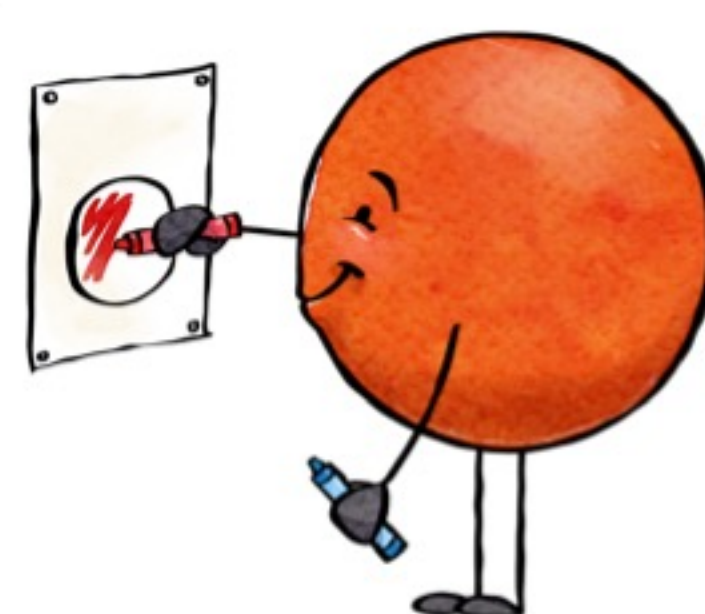
Spend time with a friend



Spend time with a pet



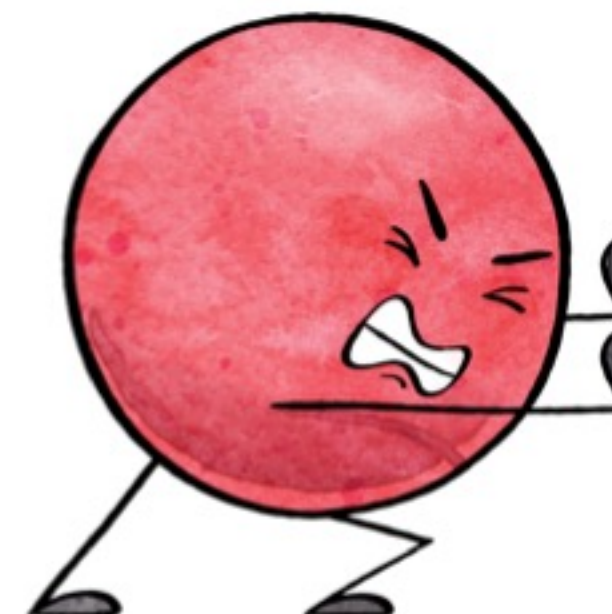
Find something beautiful



Draw a picture



Make a list of 5 positive things



Push a wall



Build something

COPING SKILLS

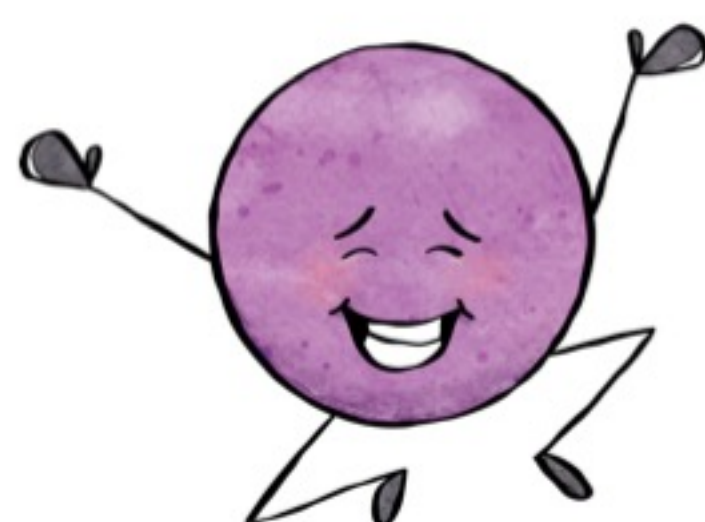
BINGO



Control your
breathing



Practice
mindfulness



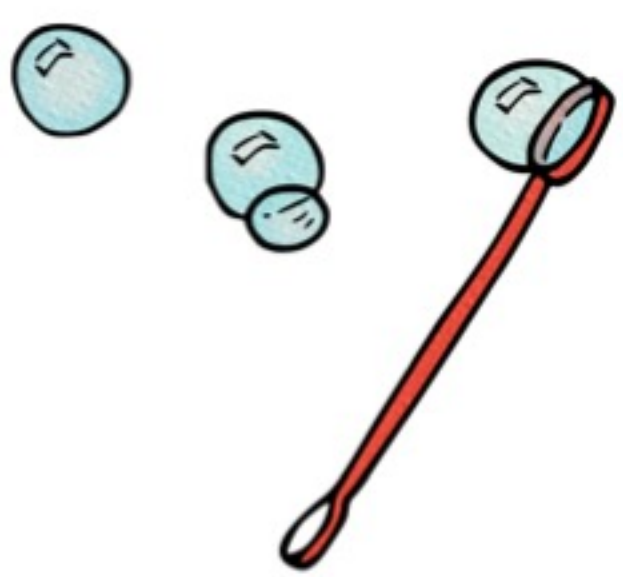
Exercise



Say affirmations



Spend time
with a pet



Blow bubbles



Find something
beautiful



Play a game



Write about
your feelings



Make a list of 5
positive things



Dance



Squeeze a
stress ball

FREE
SPACE



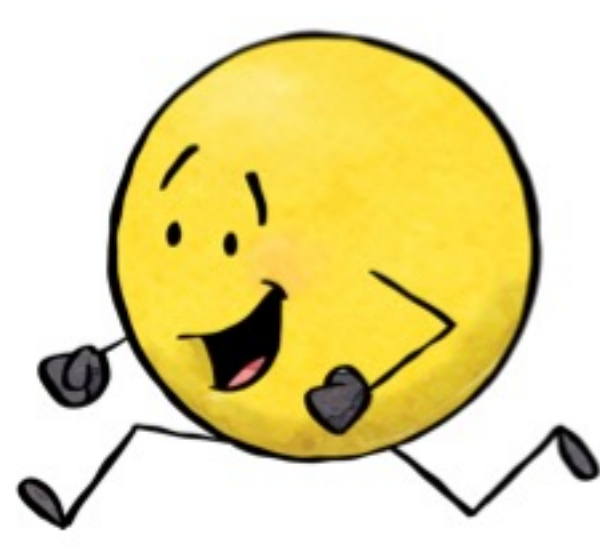
Push a wall



Listen to music



Build something



Go for a walk



Do yoga



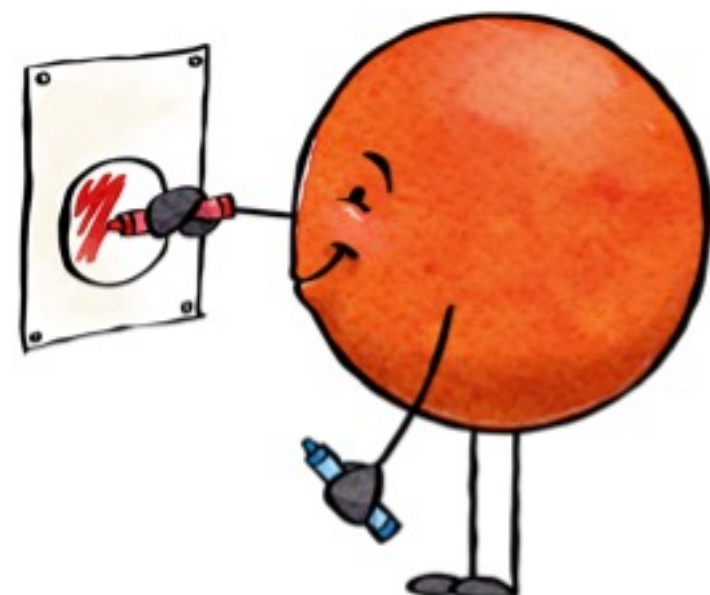
Spend time in
nature



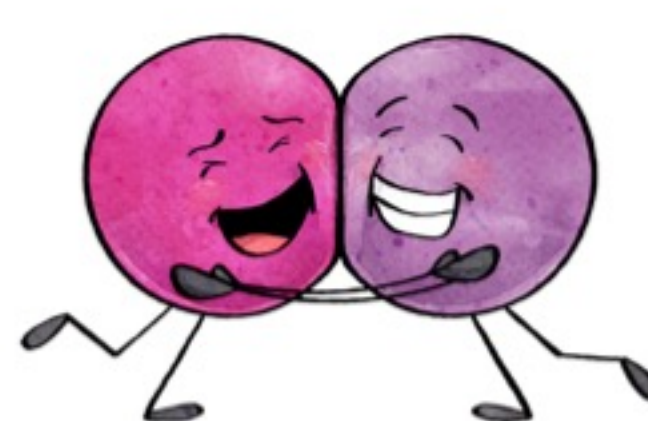
Count down
from 10



Write a letter



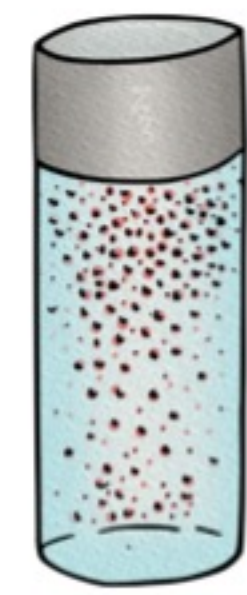
Draw a picture



Spend time
with a friend



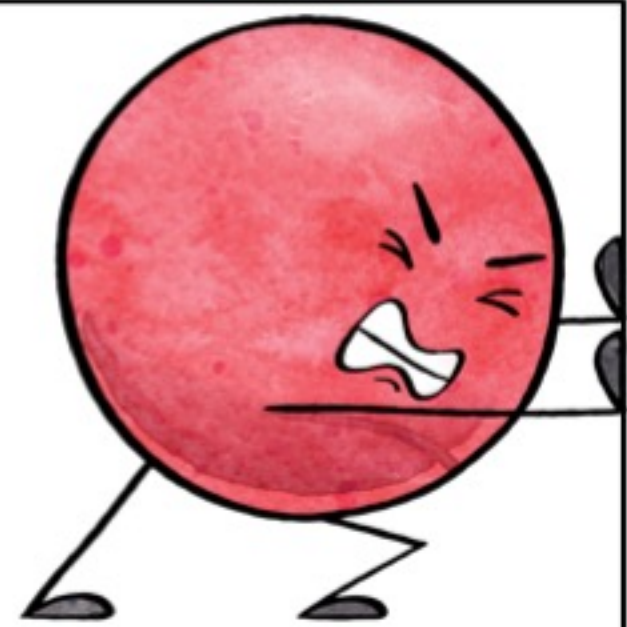
Read a book



Shake a glitter bottle

COPING SKILLS

B I N G O



Push a wall



Squeeze a stress ball



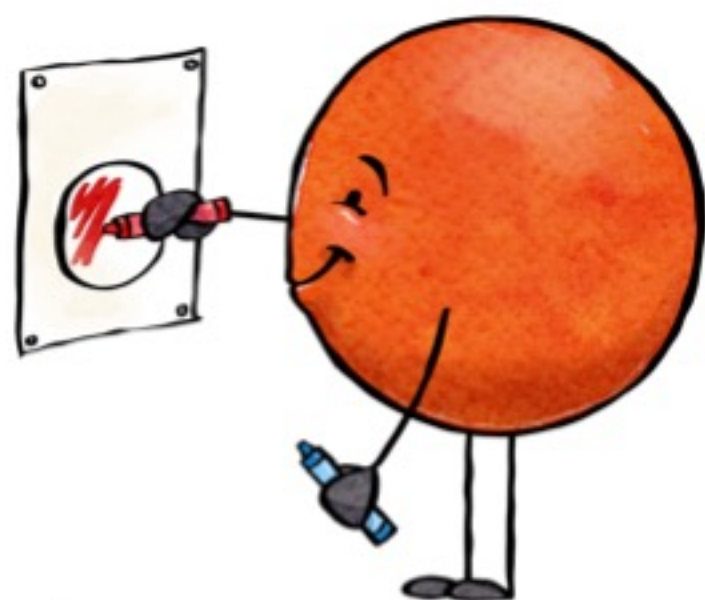
Write a letter



Control your breathing



Make a list of 5 positive things



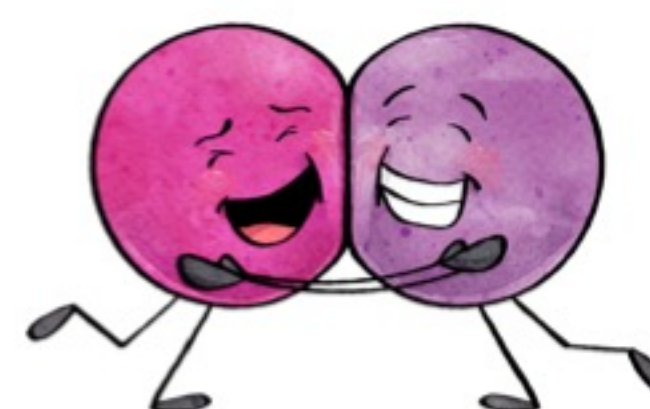
Draw a picture



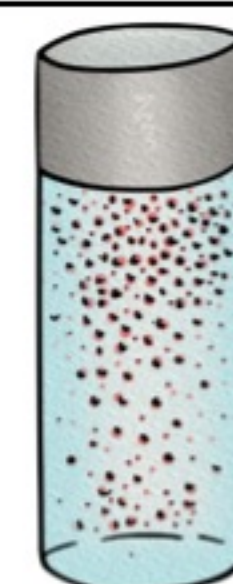
Count down from 10



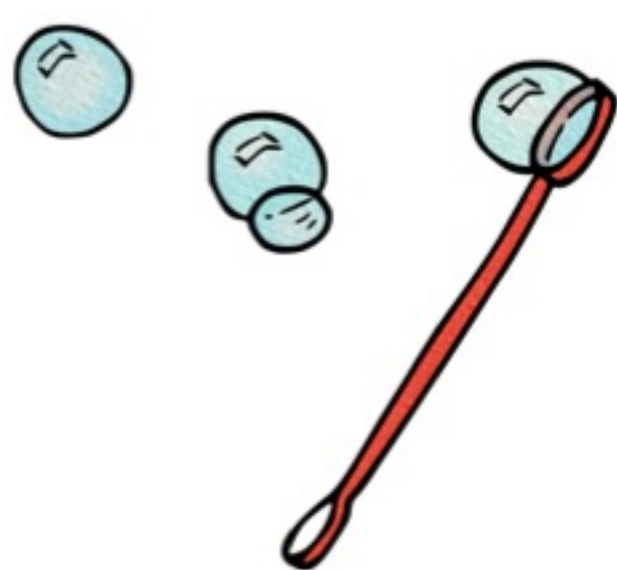
Spend time with a pet



Spend time with a friend



Shake a glitter bottle



Blow bubbles



Find something beautiful

FREE SPACE



Exercise



Build something



Do yoga



Practice mindfulness



Go for a walk



Listen to music



Write about your feelings



Read a book



Say affirmations



Play a game



Dance



Spend time in nature

COPING SKILLS

BINGO



Do yoga



Dance



Spend time
with a pet



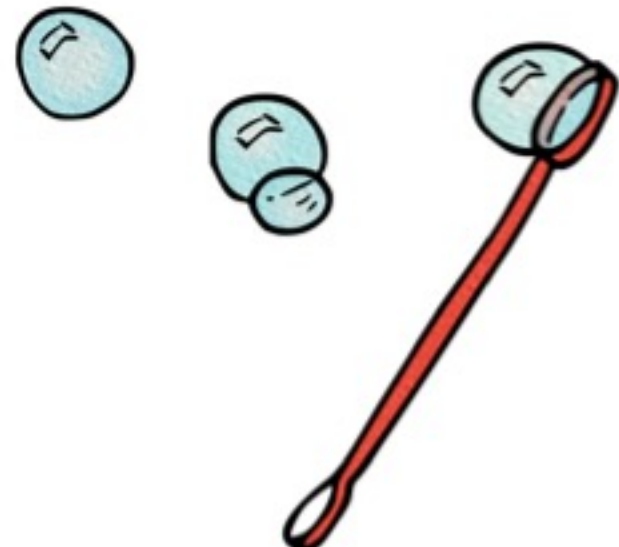
Make a list of 5
positive things



Spend time in
nature



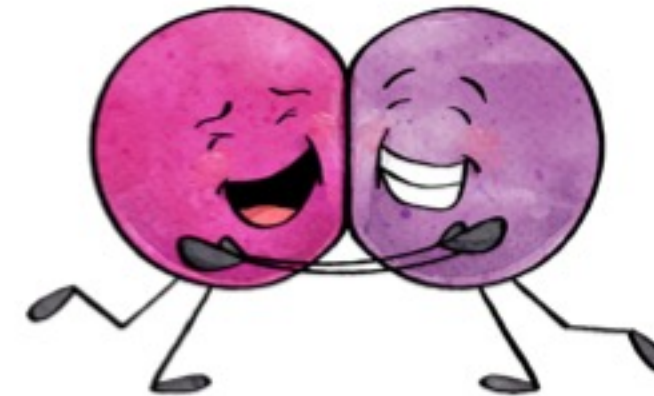
Build something



Blow bubbles



Find something
beautiful



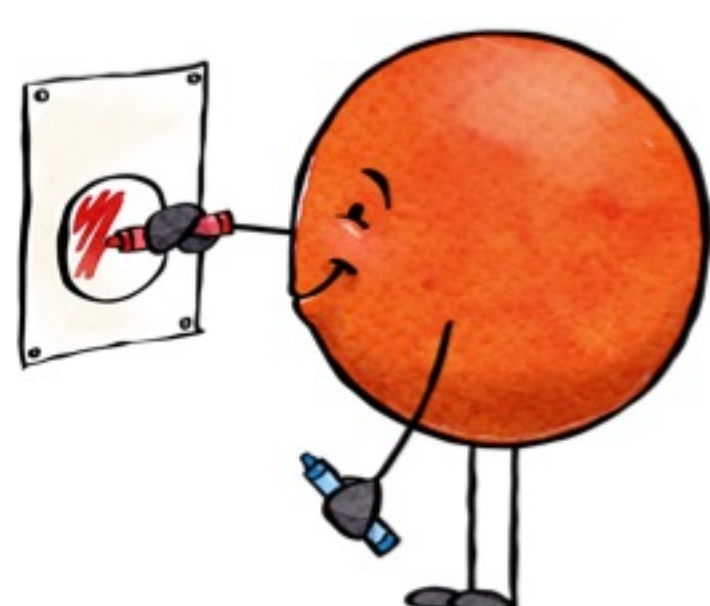
Spend time
with a friend



Play a game



Write about
your feelings

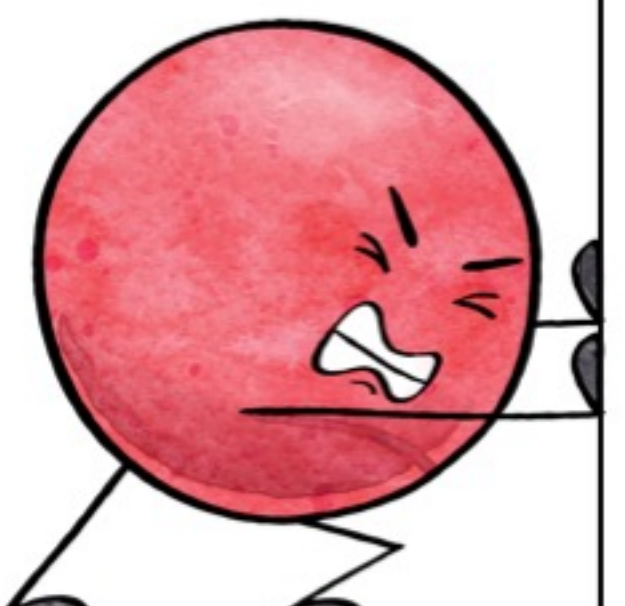


Draw a picture

FREE
SPACE



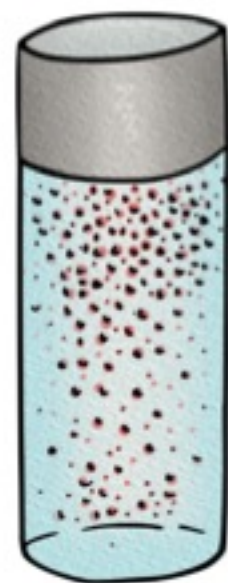
Count down
from 10



Push a wall



Read a book



Shake a glitter bottle



Write a letter



Listen to music



Squeeze a
stress ball



Practice
mindfulness



Go for a walk



Say affirmations



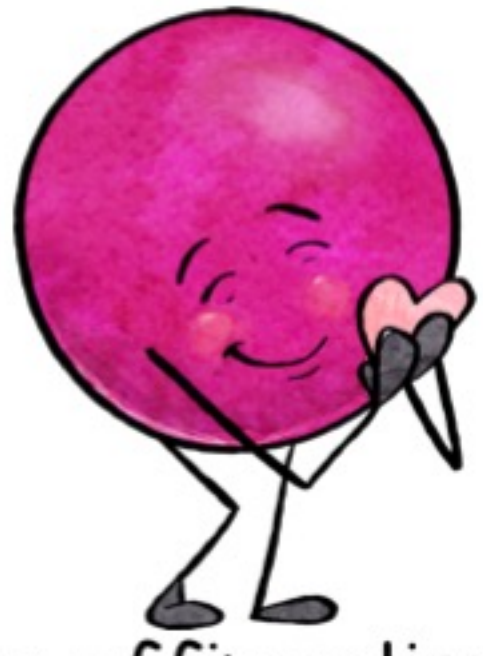
Control your
breathing



Exercise

COPING SKILLS

BINGO



Say affirmations



Practice mindfulness



Squeeze a stress ball



Dance



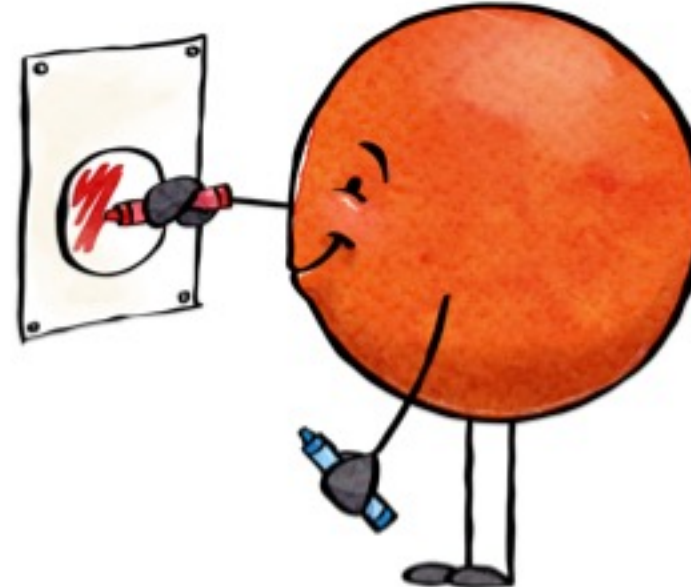
Control your breathing



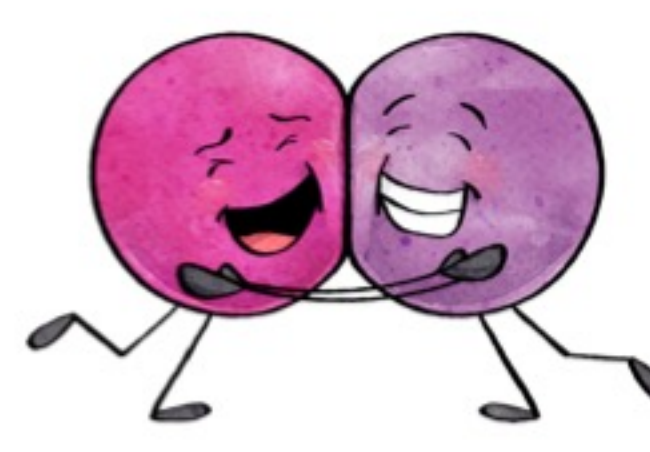
Do yoga



Spend time in nature



Draw a picture



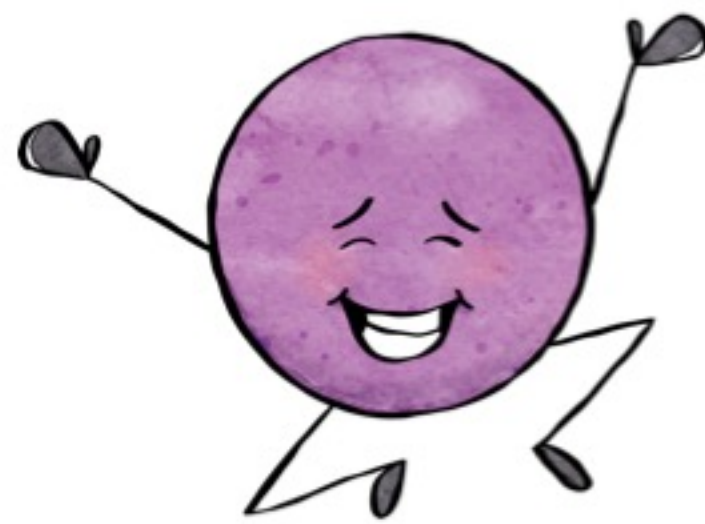
Spend time with a friend



Go for a walk

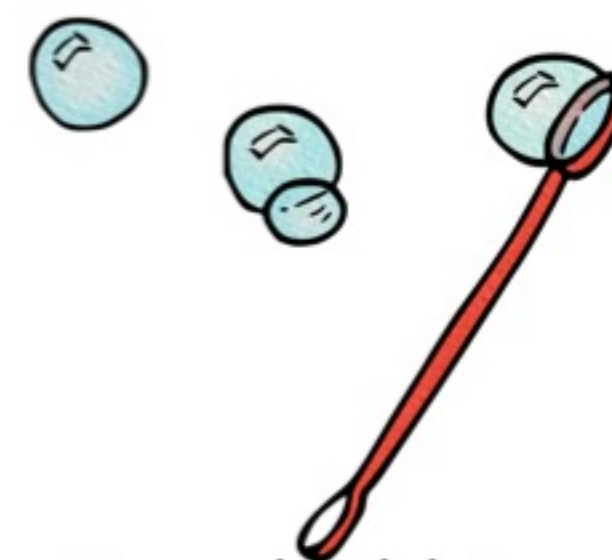


Write a letter



Exercise

FREE SPACE



Blow bubbles



Find something beautiful



Write about your feelings



Play a game



Read a book



Listen to music



Spend time with a pet



Make a list of 5 positive things



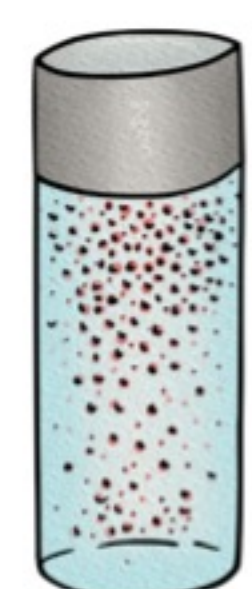
Push a wall



Build something



Count down from 10



Shake a glitter bottle

COPING SKILLS

BINGO



Build something



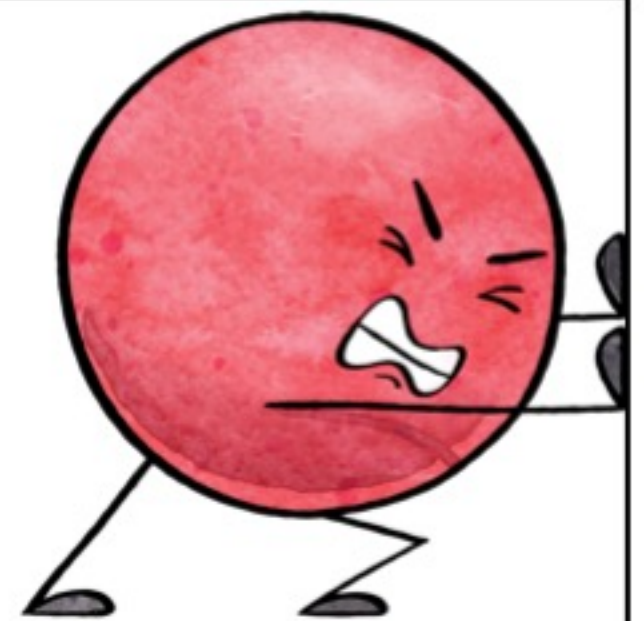
Spend time
with a pet



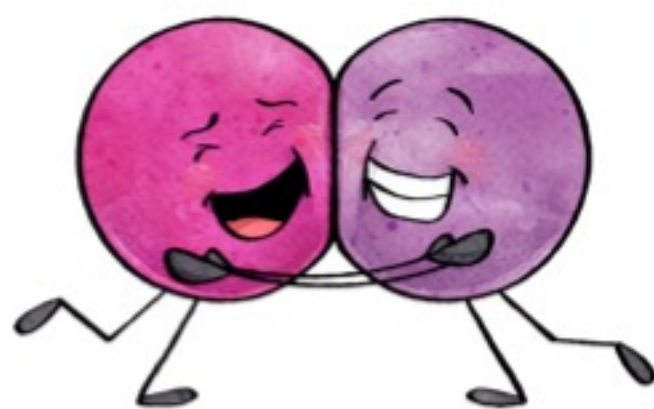
Write a letter



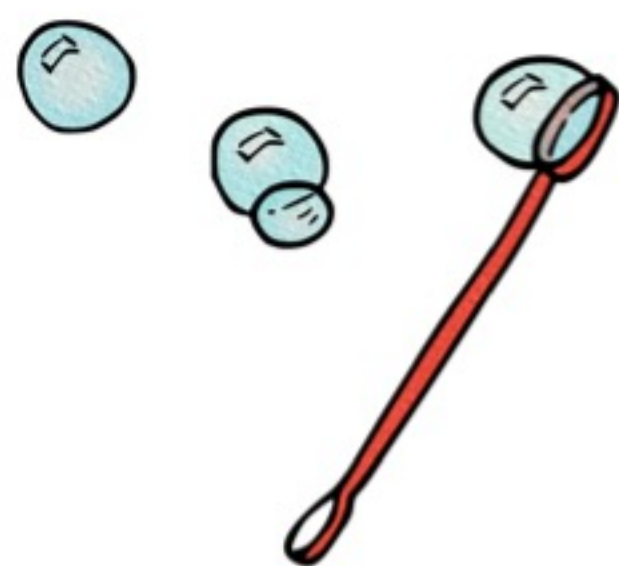
Make a list of 5
positive things



Push a wall



Spend time
with a friend



Blow bubbles



Squeeze a
stress ball



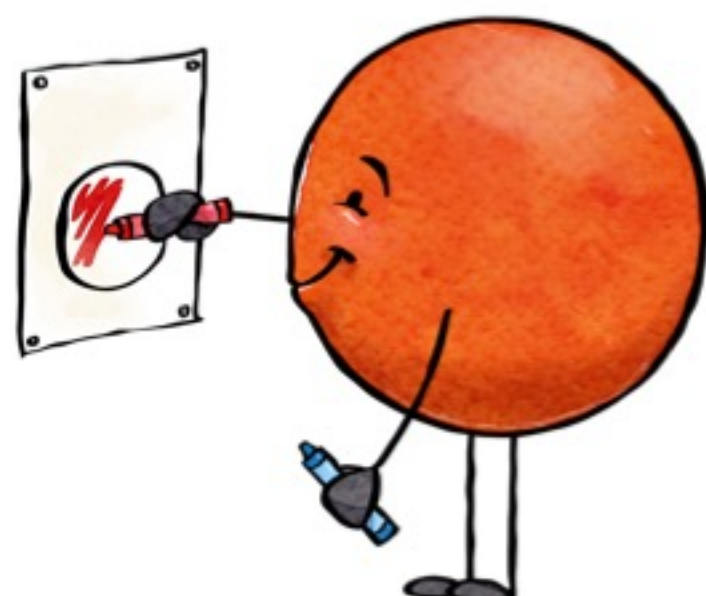
Dance



Play a game

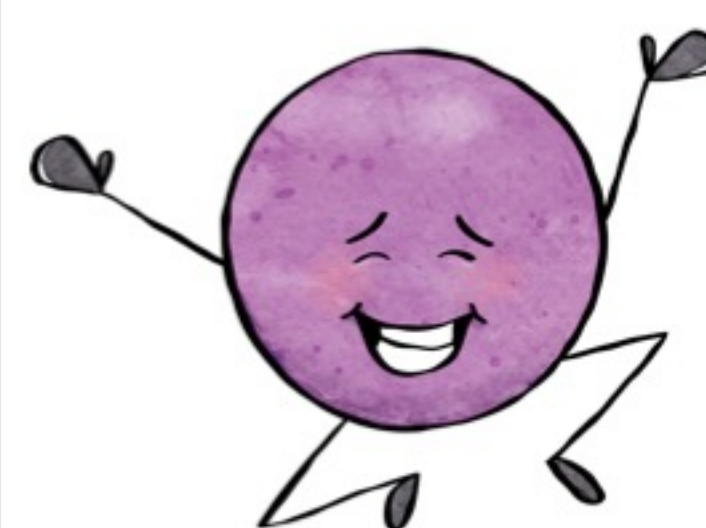


Go for a walk



Draw a picture

FREE
SPACE



Exercise



Practice
mindfulness



Read a book



Listen to music



Spend time in
nature



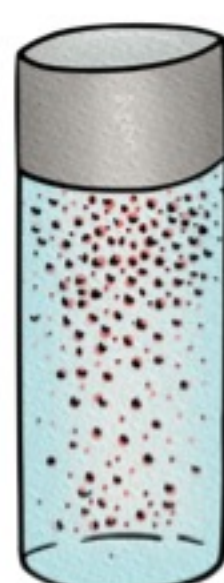
Write about
your feelings



Control your
breathing



Do yoga



Shake a glitter bottle



Say affirmations



Find something
beautiful



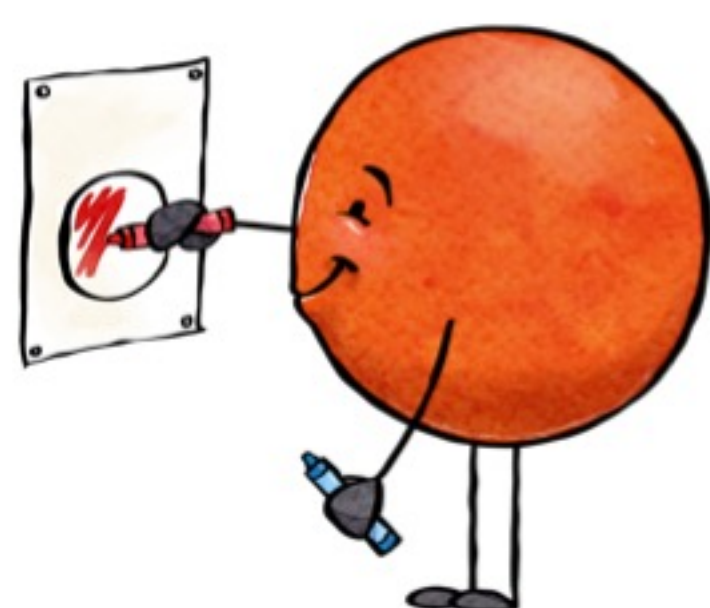
Count down
from 10

COPING SKILLS

BINGO



Count down
from 10



Draw a picture



Build something



Go for a walk



Say affirmations



Play a game



Do yoga



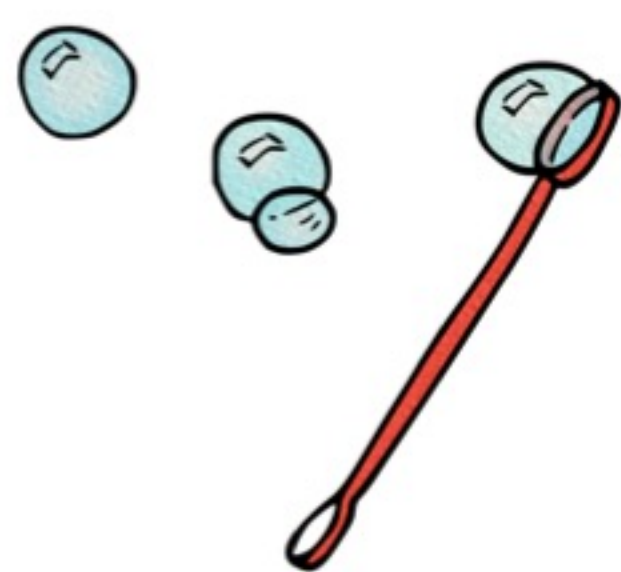
Spend time in
nature



Dance



Make a list of 5
positive things



Blow bubbles



Control your
breathing

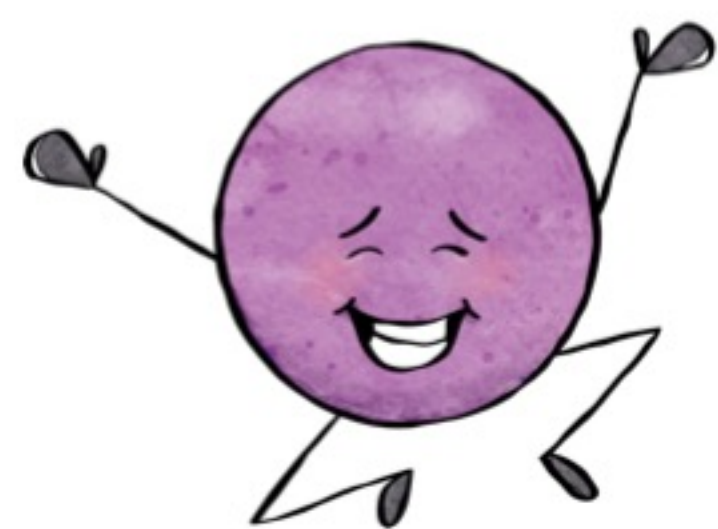
FREE
SPACE



Listen to music



Practice
mindfulness



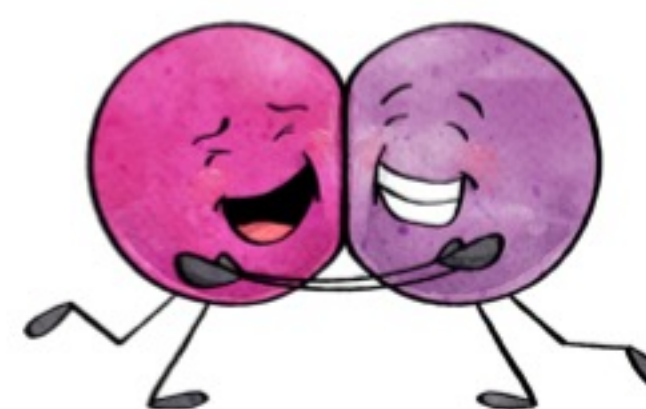
Exercise



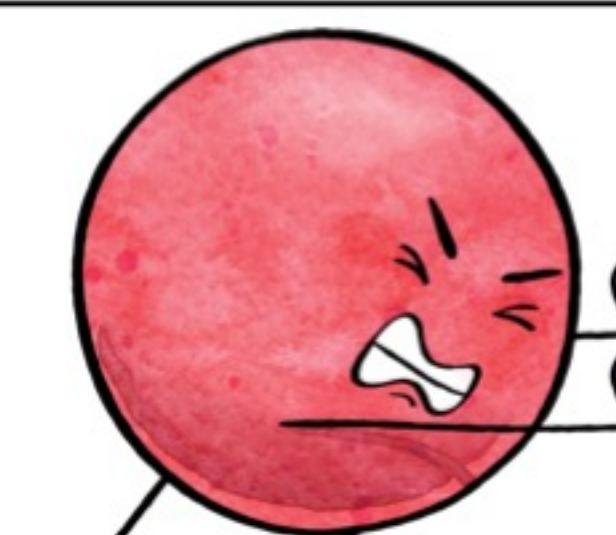
Find something
beautiful



Spend time
with a pet



Spend time
with a friend



Push a wall



Read a book



Write about
your feelings



Write a letter



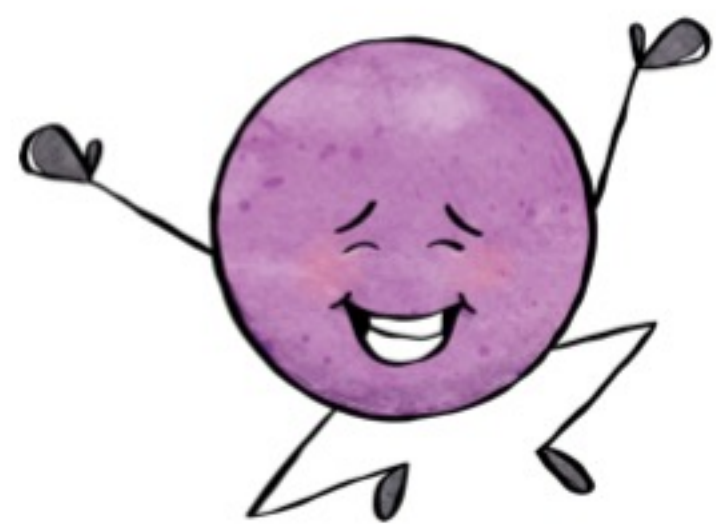
Shake a glitter bottle



Squeeze a
stress ball

COPING SKILLS

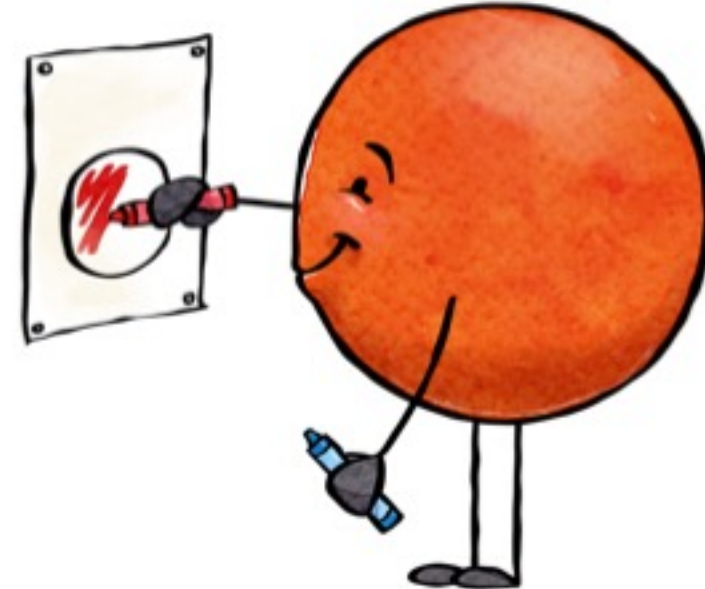
BINGO



Exercise



Control your breathing



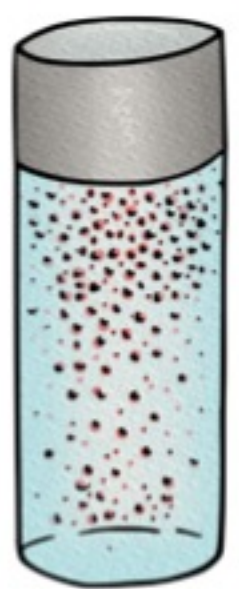
Draw a picture



Spend time in nature



Dance



Shake a glitter bottle



Push a wall



Write a letter



Make a list of 5 positive things



Listen to music



Play a game



Practice mindfulness

FREE
SPACE



Build something



Spend time with a pet



Say affirmations



Do yoga



Squeeze a stress ball



Find something beautiful



Read a book



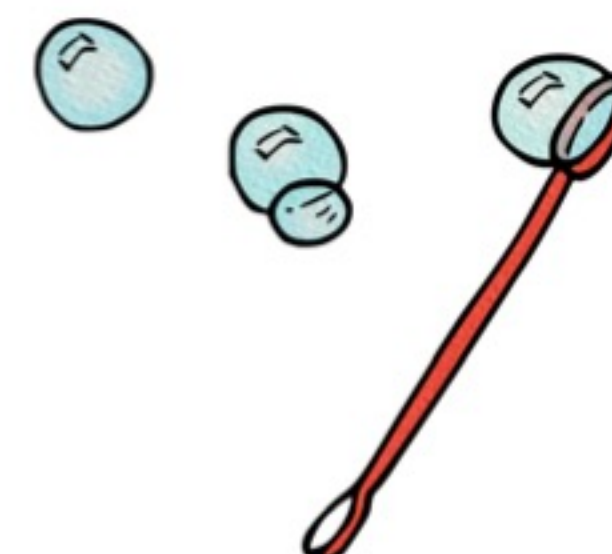
Go for a walk



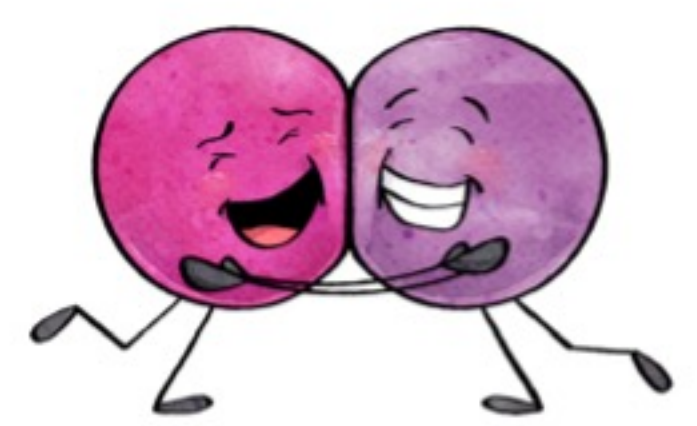
Write about your feelings



Count down from 10



Blow bubbles



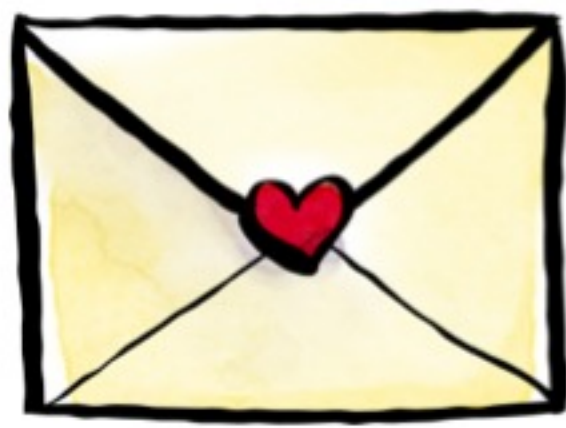
Spend time with a friend

COPING SKILLS

BINGO



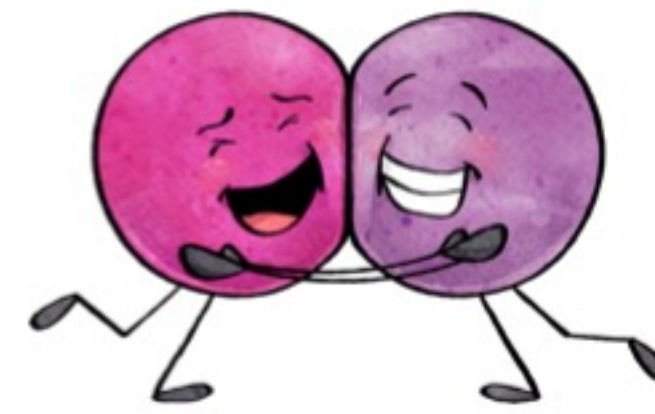
Find something beautiful



Write a letter



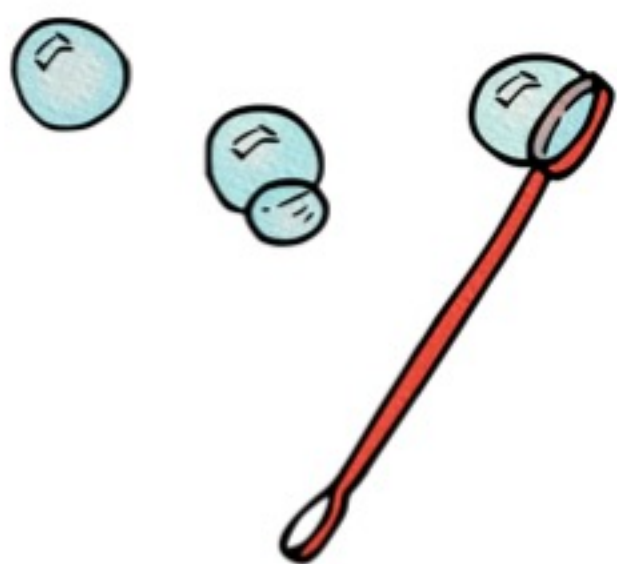
Squeeze a stress ball



Spend time with a friend



Play a game



Blow bubbles



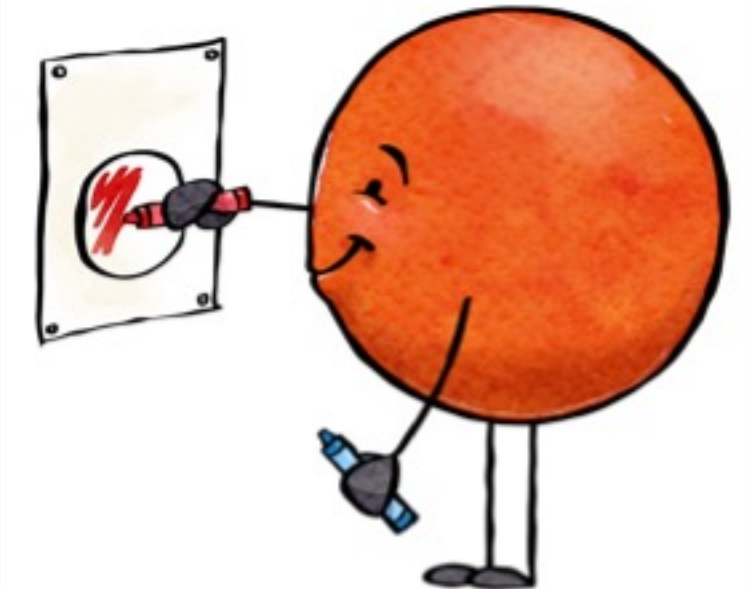
Count down from 10



Practice mindfulness



Read a book



Draw a picture



Dance



Push a wall

FREE SPACE



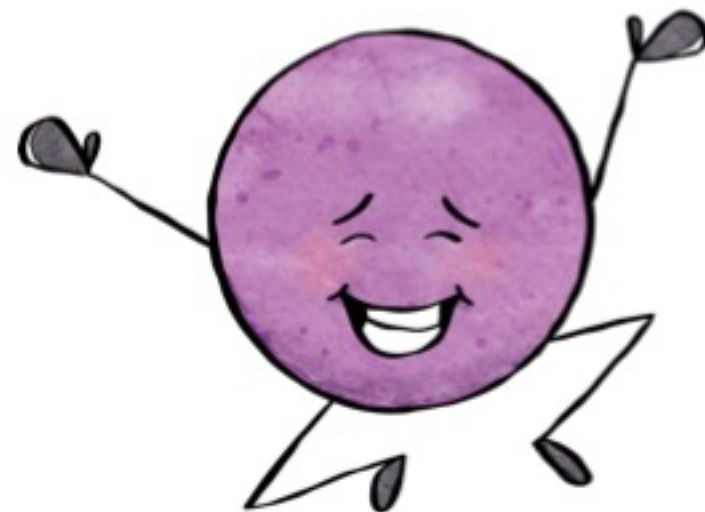
Go for a walk



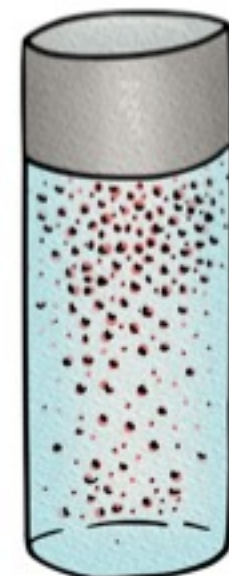
Do yoga



Control your breathing



Exercise



Shake a glitter bottle



Spend time in nature



Say affirmations



Write about your feelings



Listen to music



Build something



Make a list of 5 positive things



Spend time with a pet

COPING SKILLS

BINGO



Play a game



Count down
from 10



Read a book



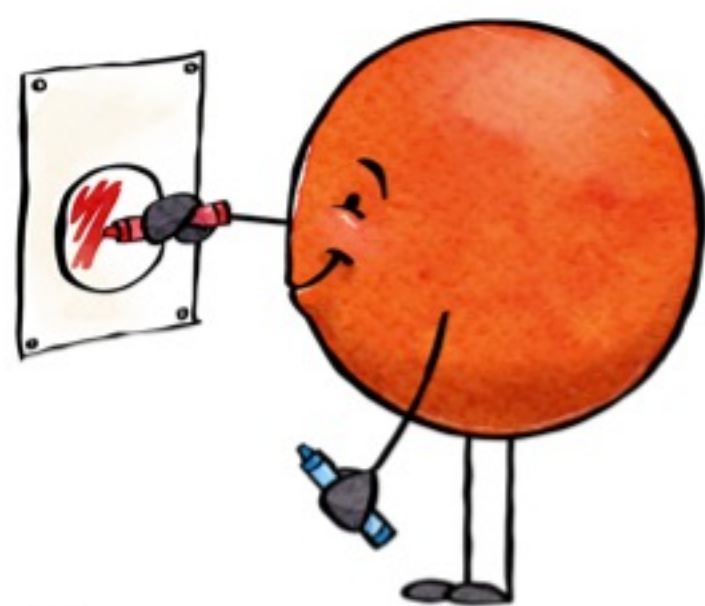
Write about
your feelings



Spend time in
nature



Dance



Draw a picture



Squeeze a
stress ball



Listen to music



Write a letter



Go for a walk

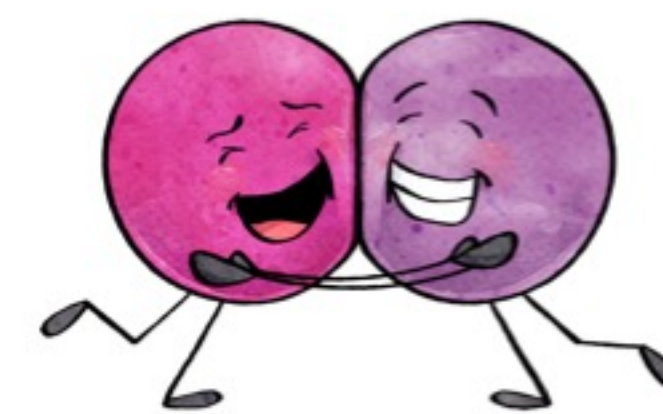


Practice
mindfulness

FREE
SPACE



Do yoga



Spend time
with a friend



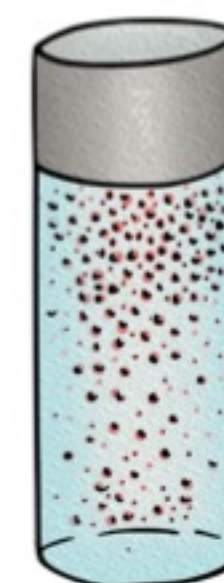
Make a list of 5
positive things



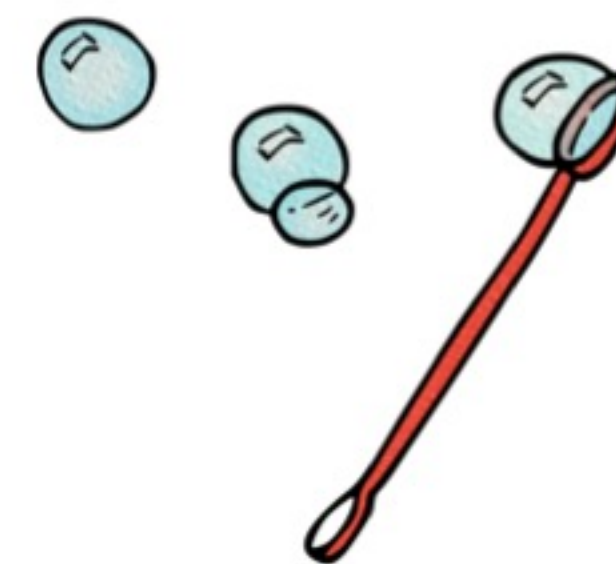
Spend time
with a pet



Find something
beautiful



Shake a glitter bottle



Blow bubbles



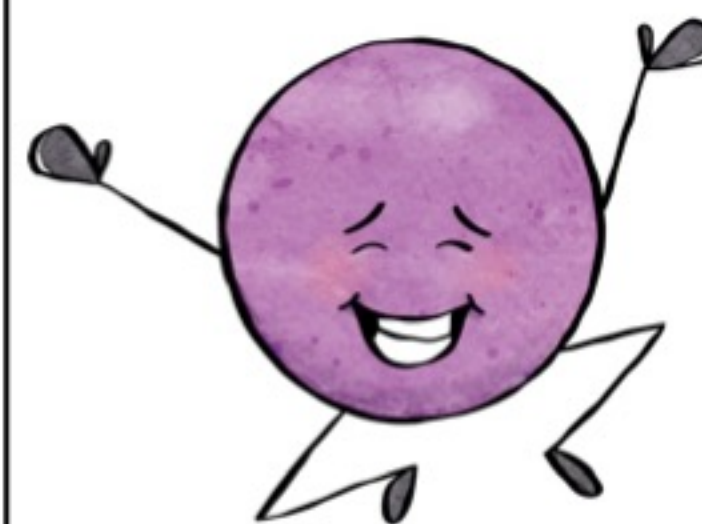
Build something



Push a wall



Control your
breathing



Exercise



Say affirmations

COPING SKILLS

B I N G O



Control your breathing



Find something beautiful



Listen to music



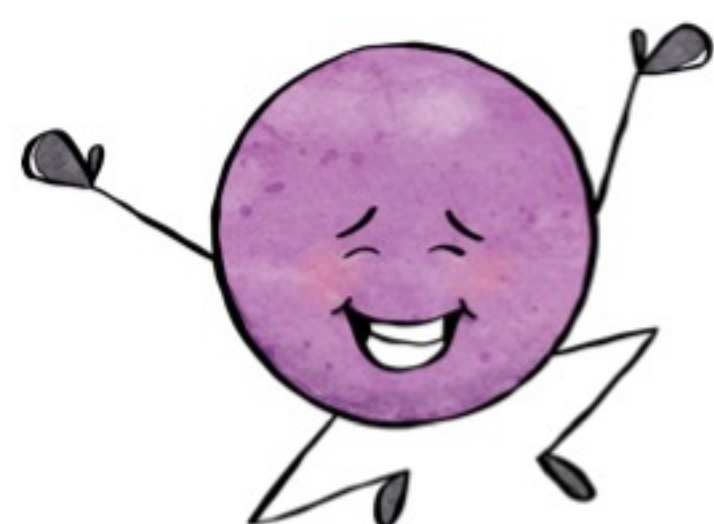
Dance



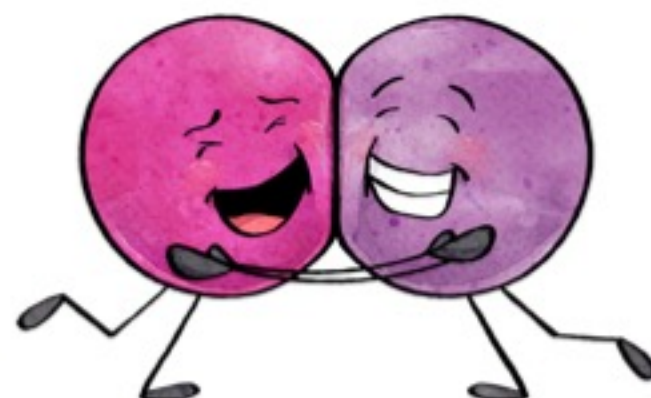
Play a game



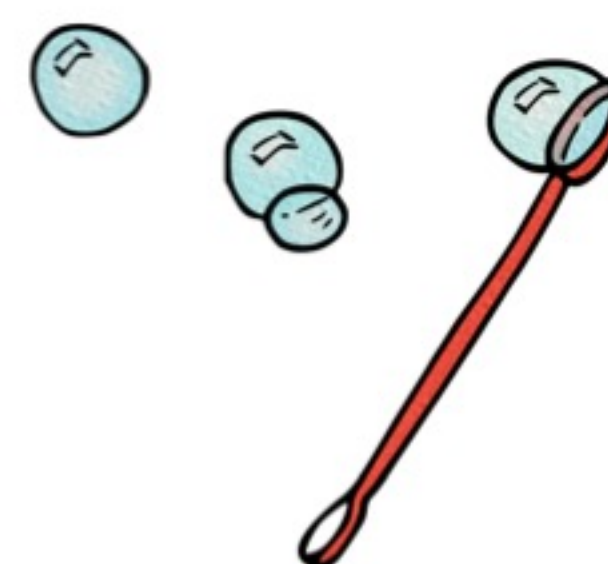
Write a letter



Exercise



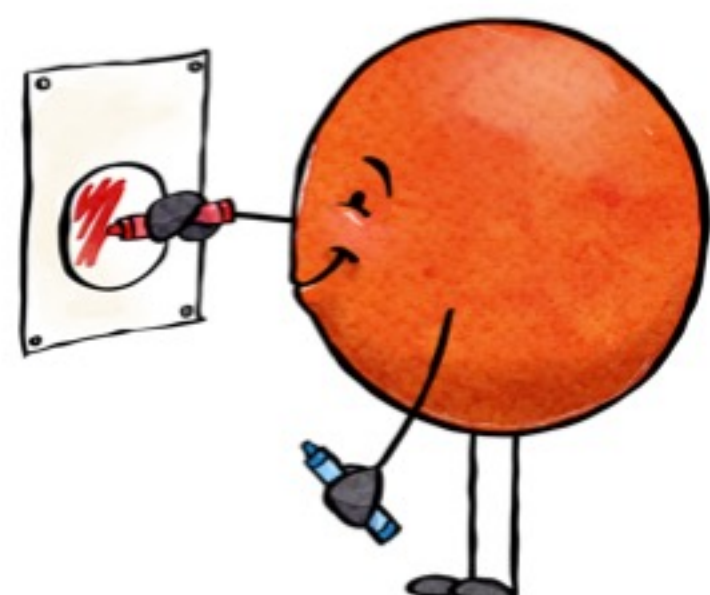
Spend time with a friend



Blow bubbles



Spend time with a pet



Draw a picture



Write about your feelings

FREE SPACE



Make a list of 5 positive things



Squeeze a stress ball



Practice mindfulness



Say affirmations



Go for a walk



Build something



Push a wall



Count down from 10



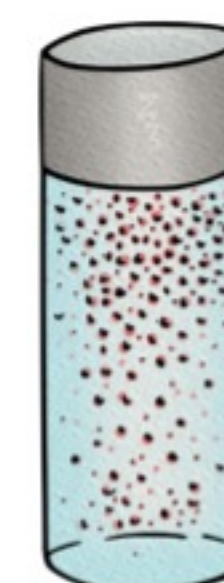
Do yoga



Read a book



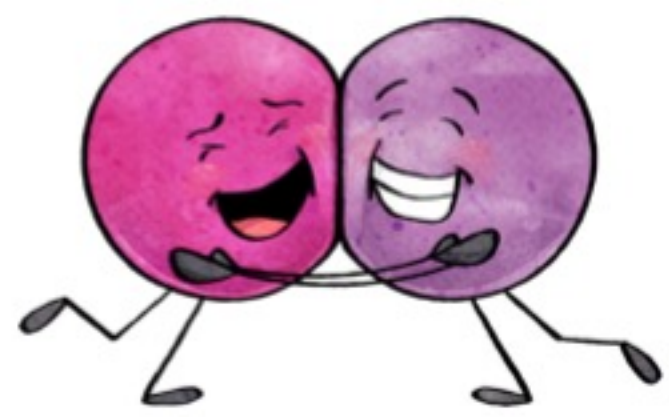
Spend time in nature



Shake a glitter bottle

COPING SKILLS

BINGO



Spend time
with a friend



Count down
from 10



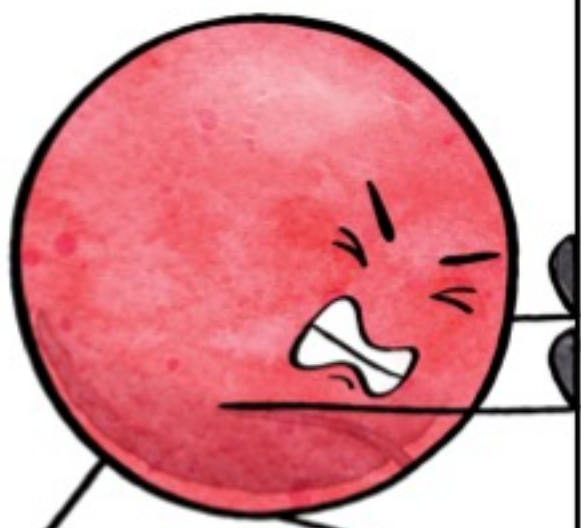
Dance



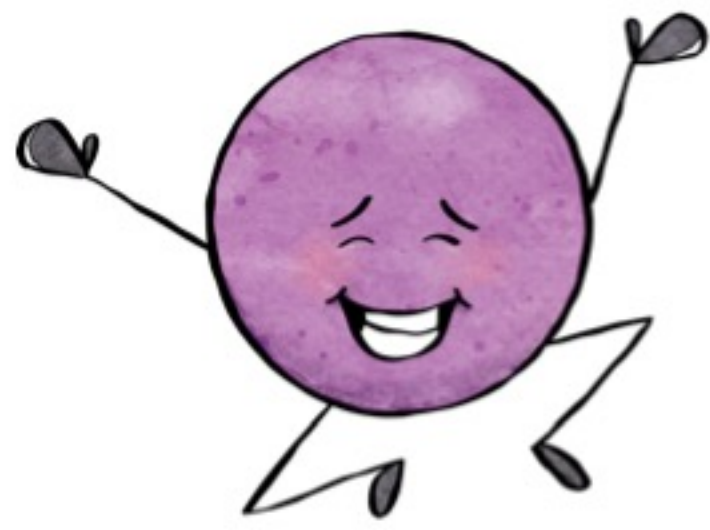
Write a letter



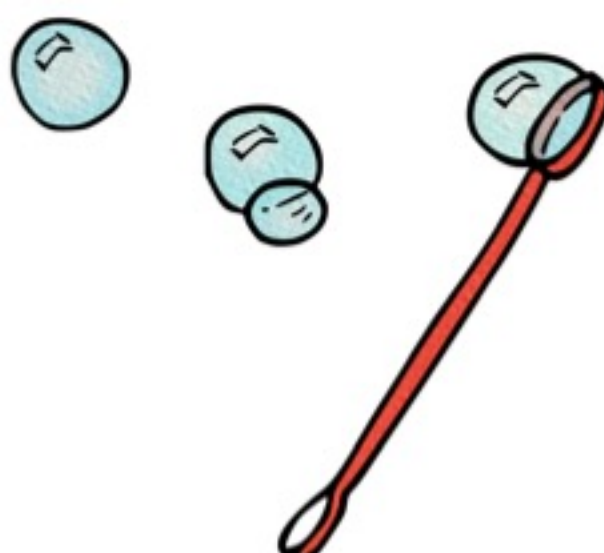
Spend time in
nature



Push a wall



Exercise



Blow bubbles



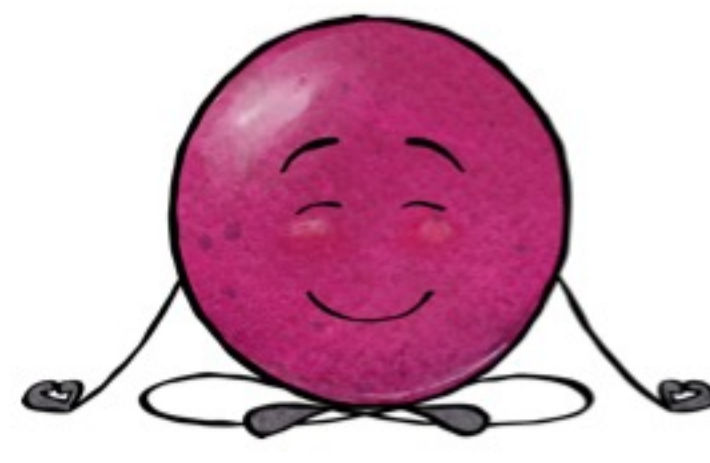
Squeeze a
stress ball



Build something



Write about
your feelings



Practice
mindfulness

FREE
SPACE



Read a book



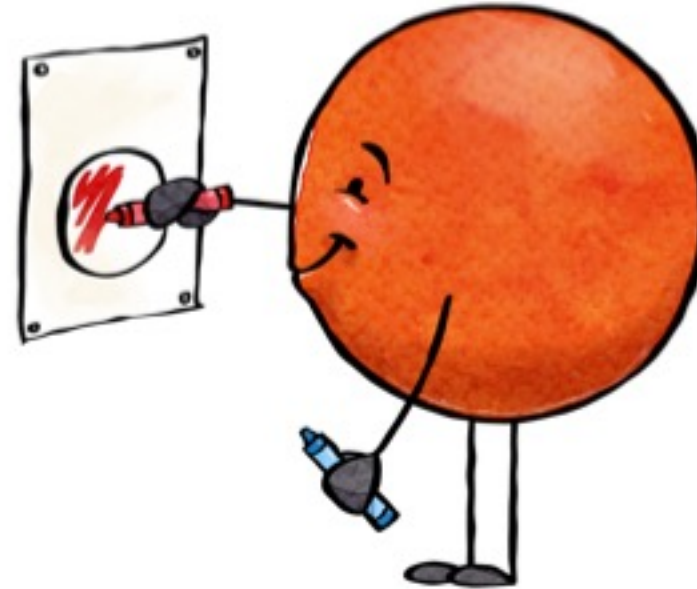
Make a list of 5
positive things



Spend time
with a pet



Listen to music



Draw a picture



Go for a walk



Shake a glitter bottle



Play a game



Do yoga



Find something
beautiful



Say affirmations



Control your
breathing

COPING SKILLS

BINGO



Spend time
with a pet



Do yoga



Dance



Make a list of 5
positive things



Spend time in
nature



Build something



Control your
breathing



Listen to music



Practice
mindfulness



Go for a walk



Write a letter

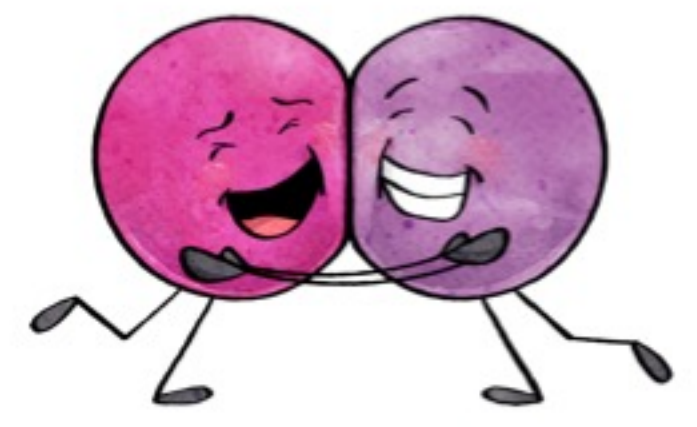


Squeeze a
stress ball

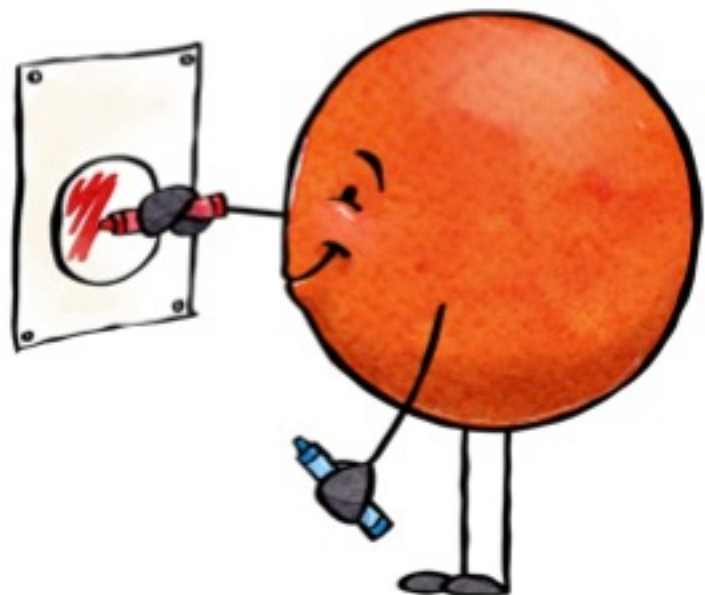
FREE
SPACE



Write about
your feelings



Spend time
with a friend



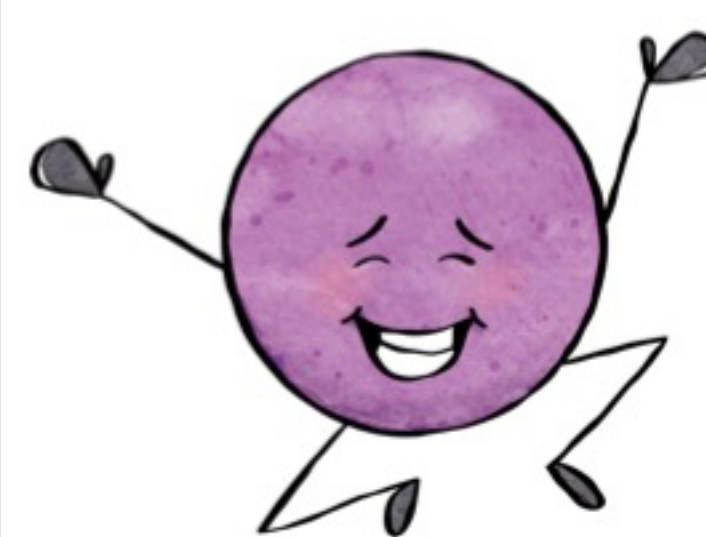
Draw a picture



Read a book



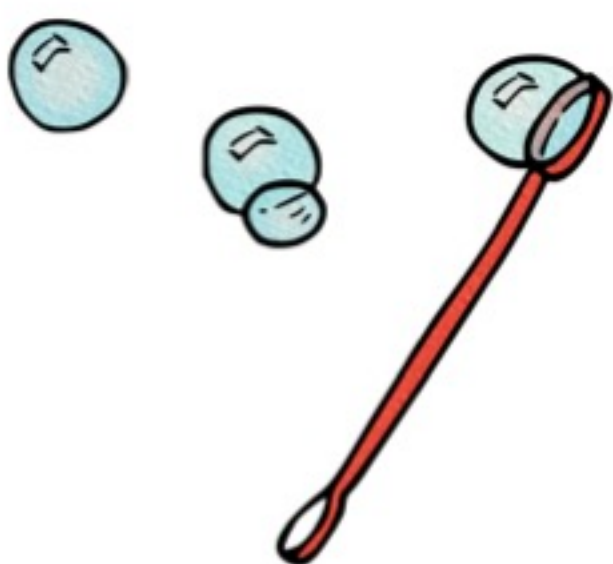
Push a wall



Exercise



Count down
from 10



Blow bubbles



Find something
beautiful



Shake a glitter bottle



Say affirmations



Play a game

COPING SKILLS

BINGO



Control your breathing



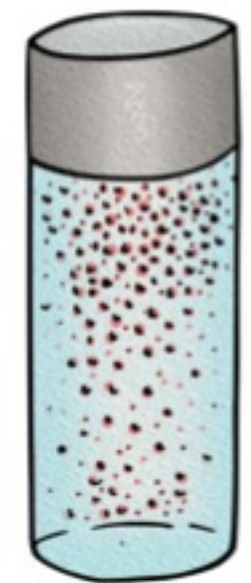
Squeeze a stress ball



Make a list of 5 positive things



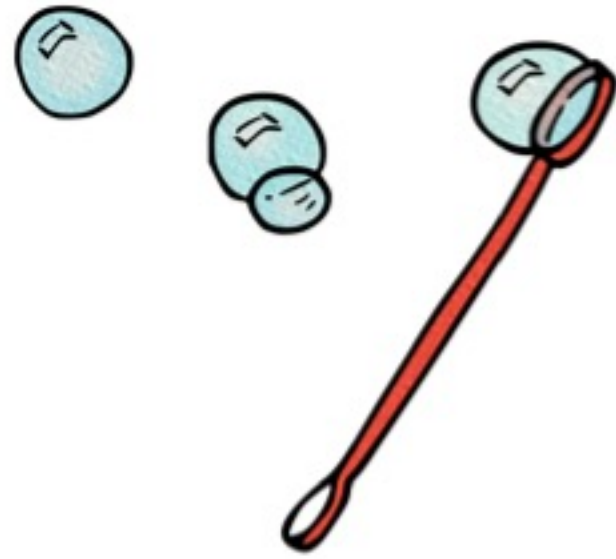
Play a game



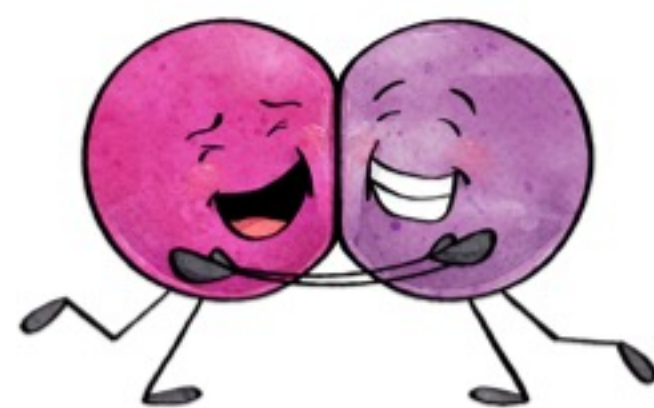
Shake a glitter bottle



Build something



Blow bubbles



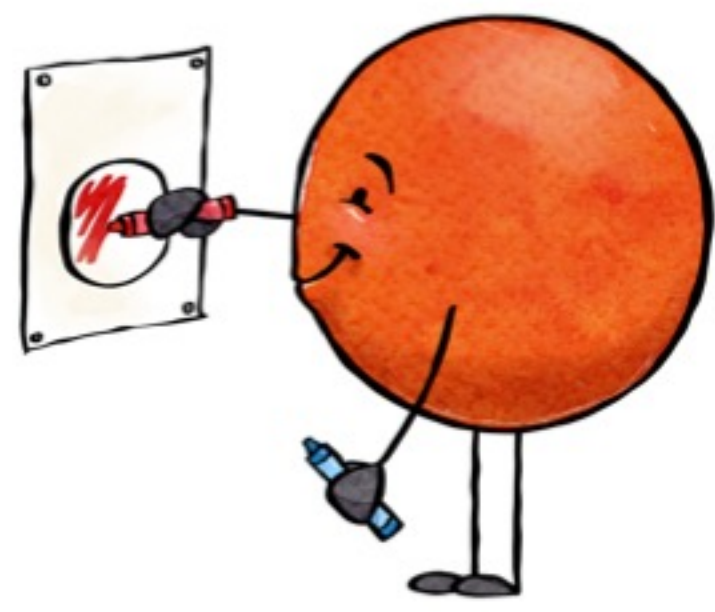
Spend time with a friend



Practice mindfulness



Dance



Draw a picture



Write about your feelings

FREE SPACE



Say affirmations



Go for a walk



Find something beautiful



Push a wall



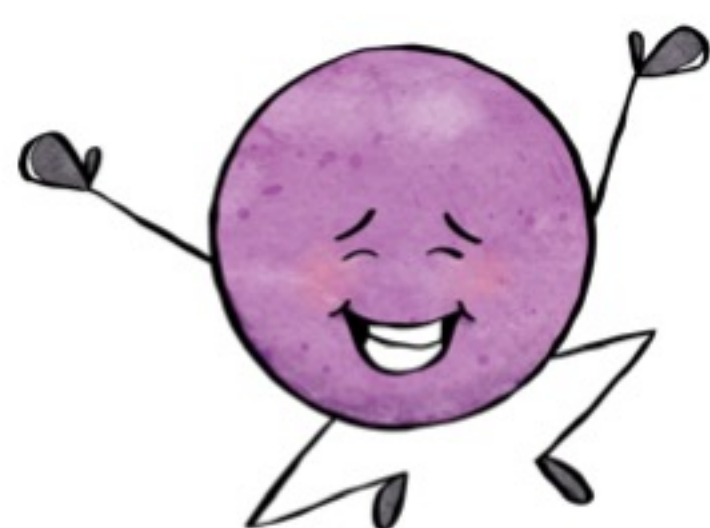
Read a book



Do yoga



Listen to music



Exercise



Count down from 10



Write a letter



Spend time with a pet



Spend time in nature

COPING SKILLS

BINGO



Write a letter



Listen to music



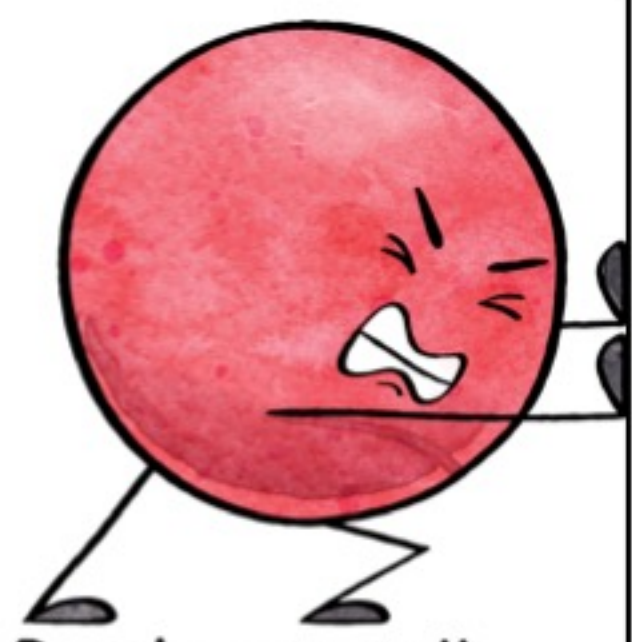
Count down
from 10



Play a game



Exercise



Push a wall



Find something
beautiful



Go for a walk



Squeeze a
stress ball



Make a list of 5
positive things

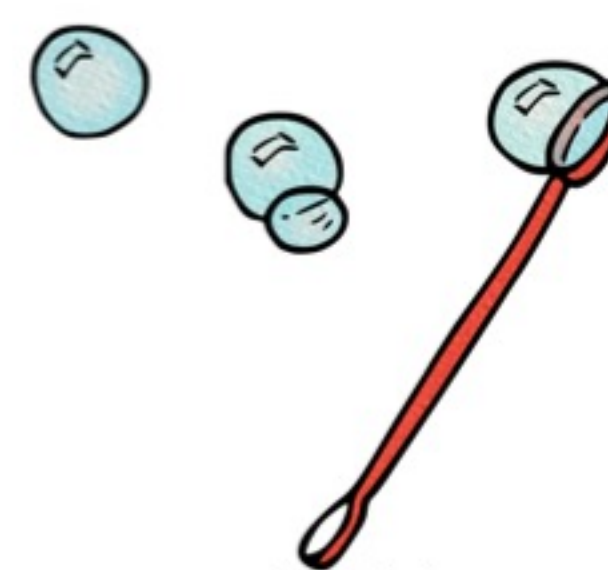


Do yoga

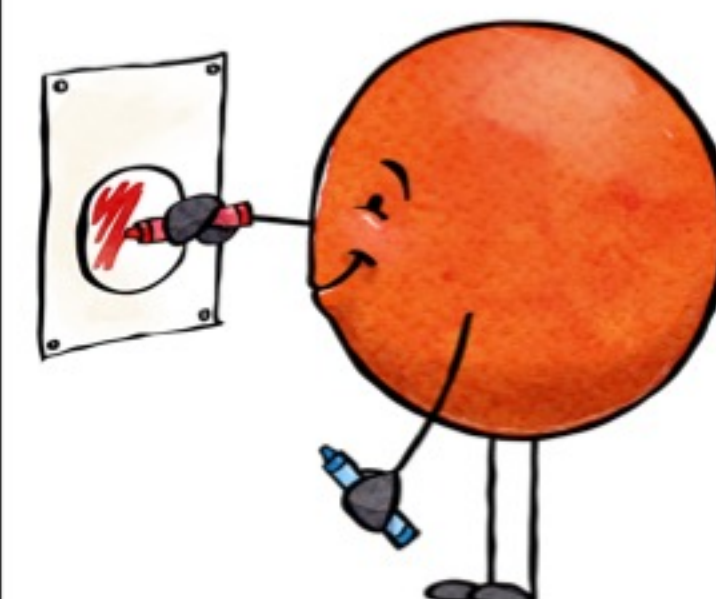


Spend time in
nature

FREE
SPACE



Blow bubbles



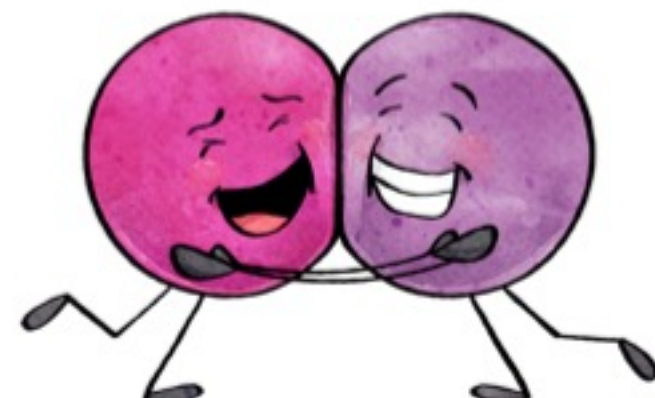
Draw a picture



Dance



Practice
mindfulness



Spend time
with a friend



Say affirmations



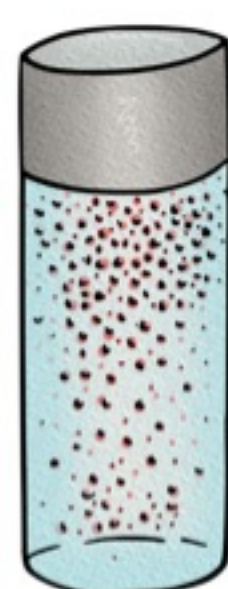
Build something



Write about
your feelings



Read a book



Shake a glitter bottle



Control your
breathing



Spend time
with a pet

COPING SKILLS

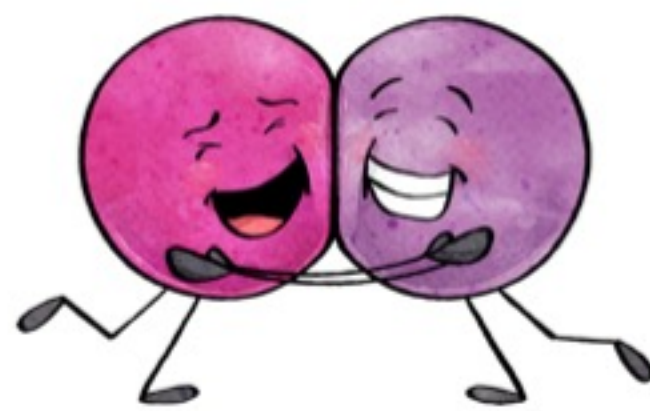
BINGO



Spend time
with a pet



Shake a glitter bottle



Spend time
with a friend



Spend time in
nature



Write a letter



Listen to music



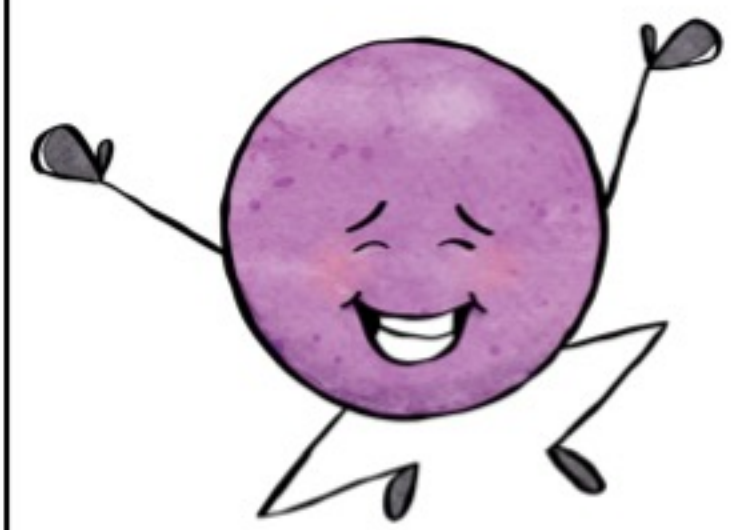
Control your
breathing



Practice
mindfulness



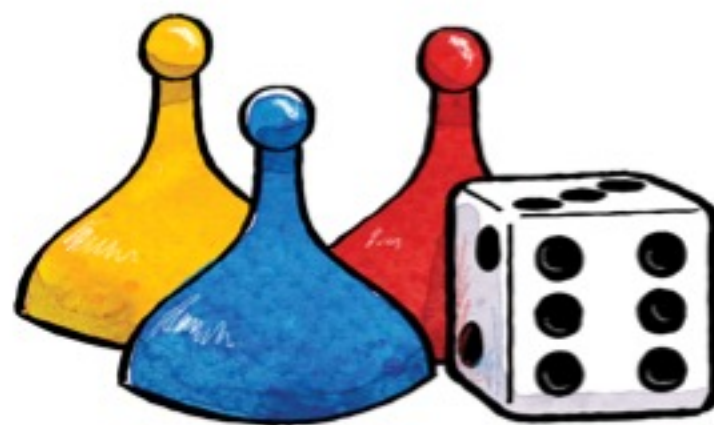
Build something



Exercise



Find something
beautiful



Play a game

FREE
SPACE



Dance



Make a list of 5
positive things



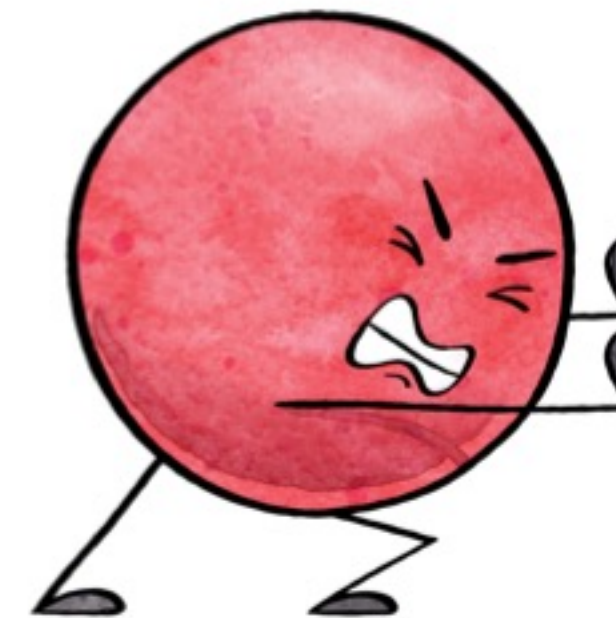
Squeeze a
stress ball



Say affirmations



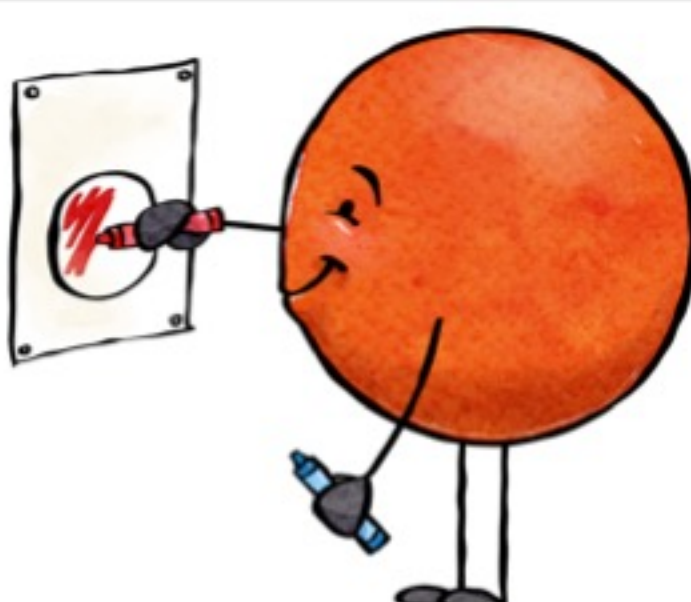
Write about
your feelings



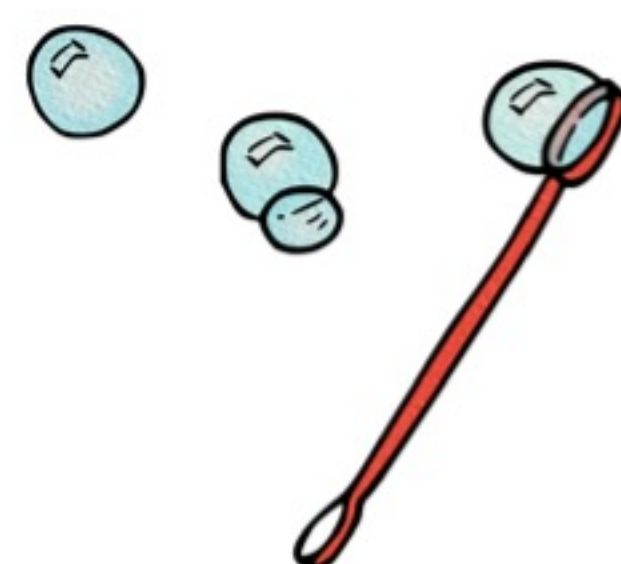
Push a wall



Go for a walk



Draw a picture



Blow bubbles



Read a book



Do yoga



Count down
from 10

COPING SKILLS

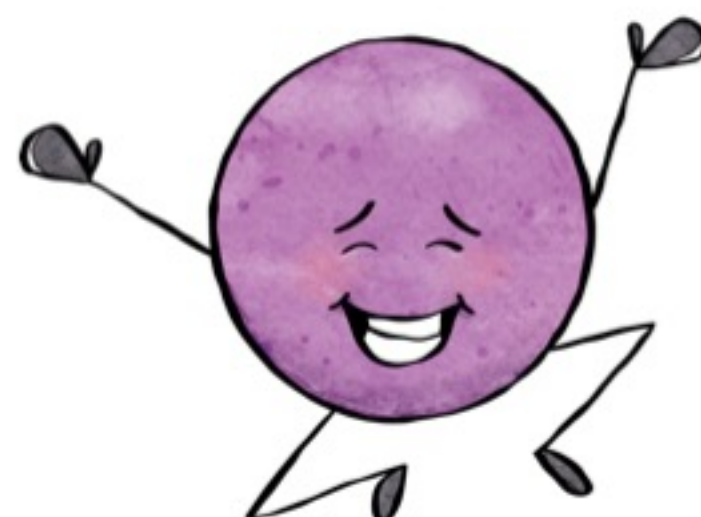
BINGO



Count down
from 10



Squeeze a
stress ball



Exercise



Dance



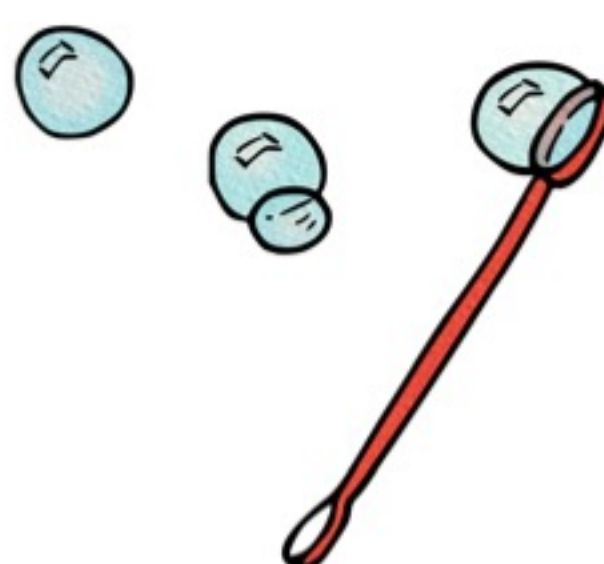
Say affirmations



Find something
beautiful



Spend time in
nature



Blow bubbles



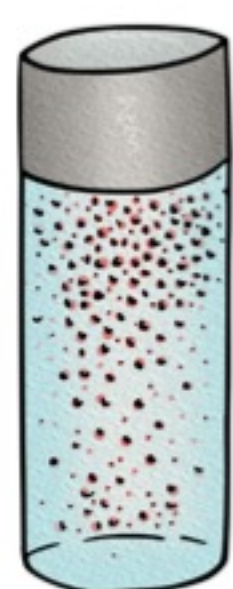
Build something



Control your
breathing



Practice
mindfulness

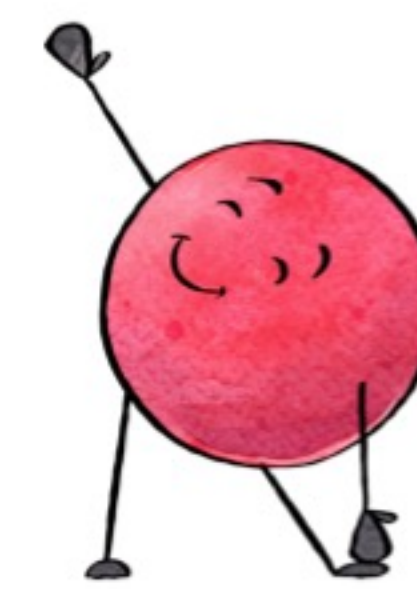


Shake a glitter bottle

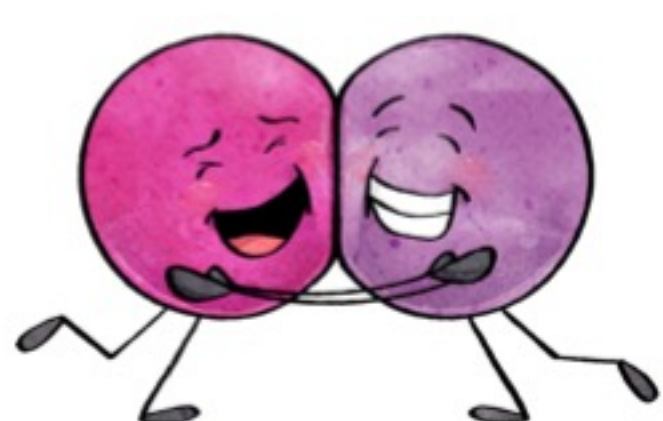
FREE
SPACE



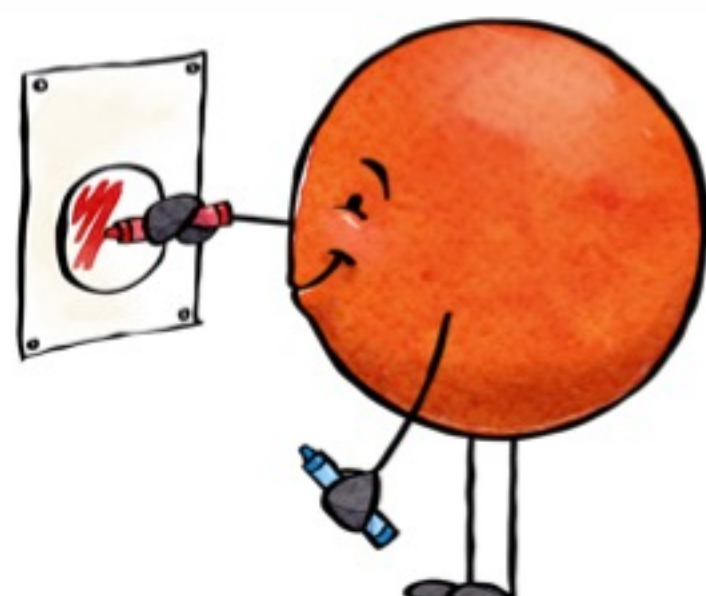
Spend time
with a pet



Do yoga



Spend time
with a friend



Draw a picture



Push a wall



Write about
your feelings



Go for a walk



Listen to music



Play a game



Make a list of 5
positive things



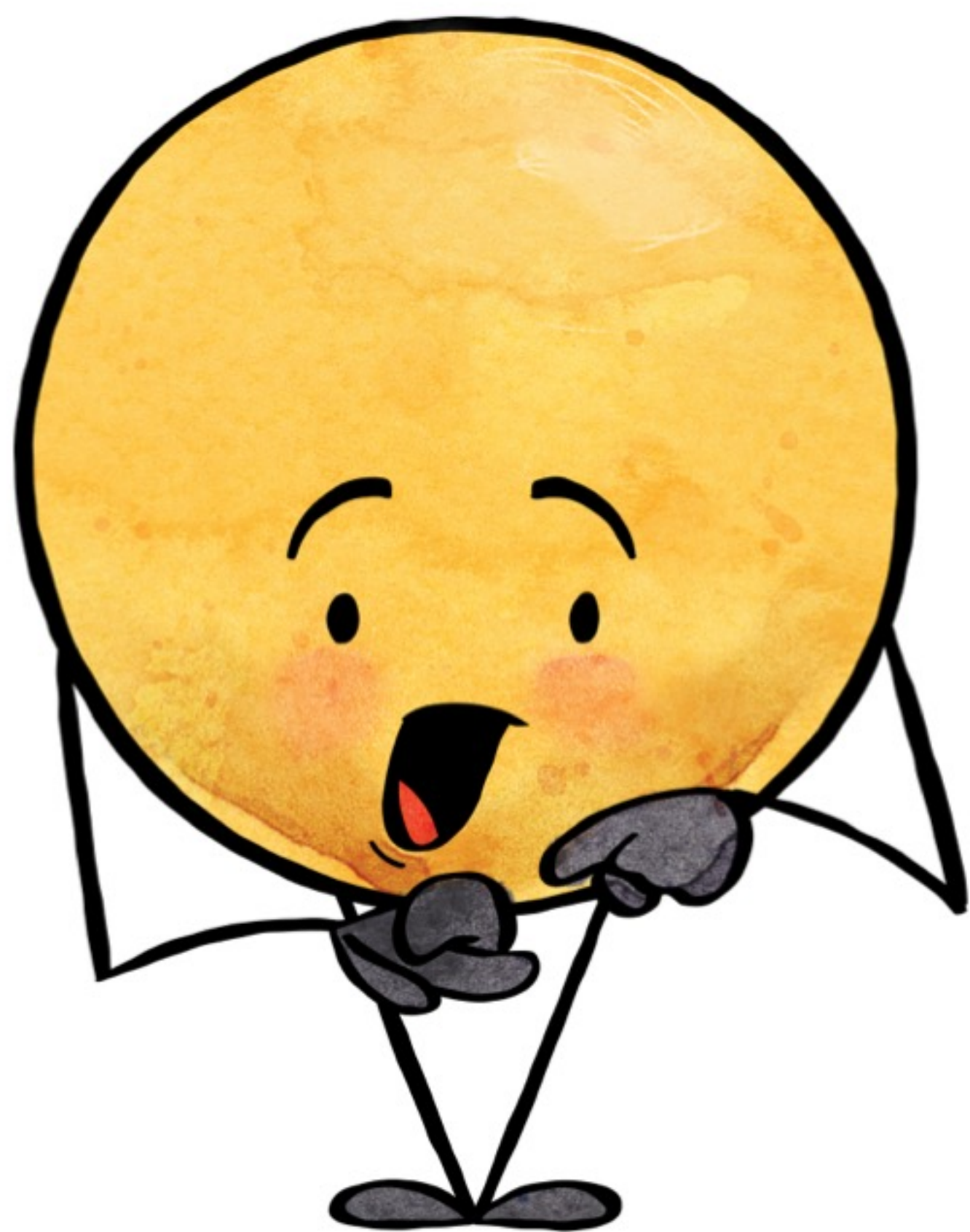
Read a book



Write a letter

[illegible]

COPING SKILLS BINGO



Count down from 10

© 2016 Counselor Keri

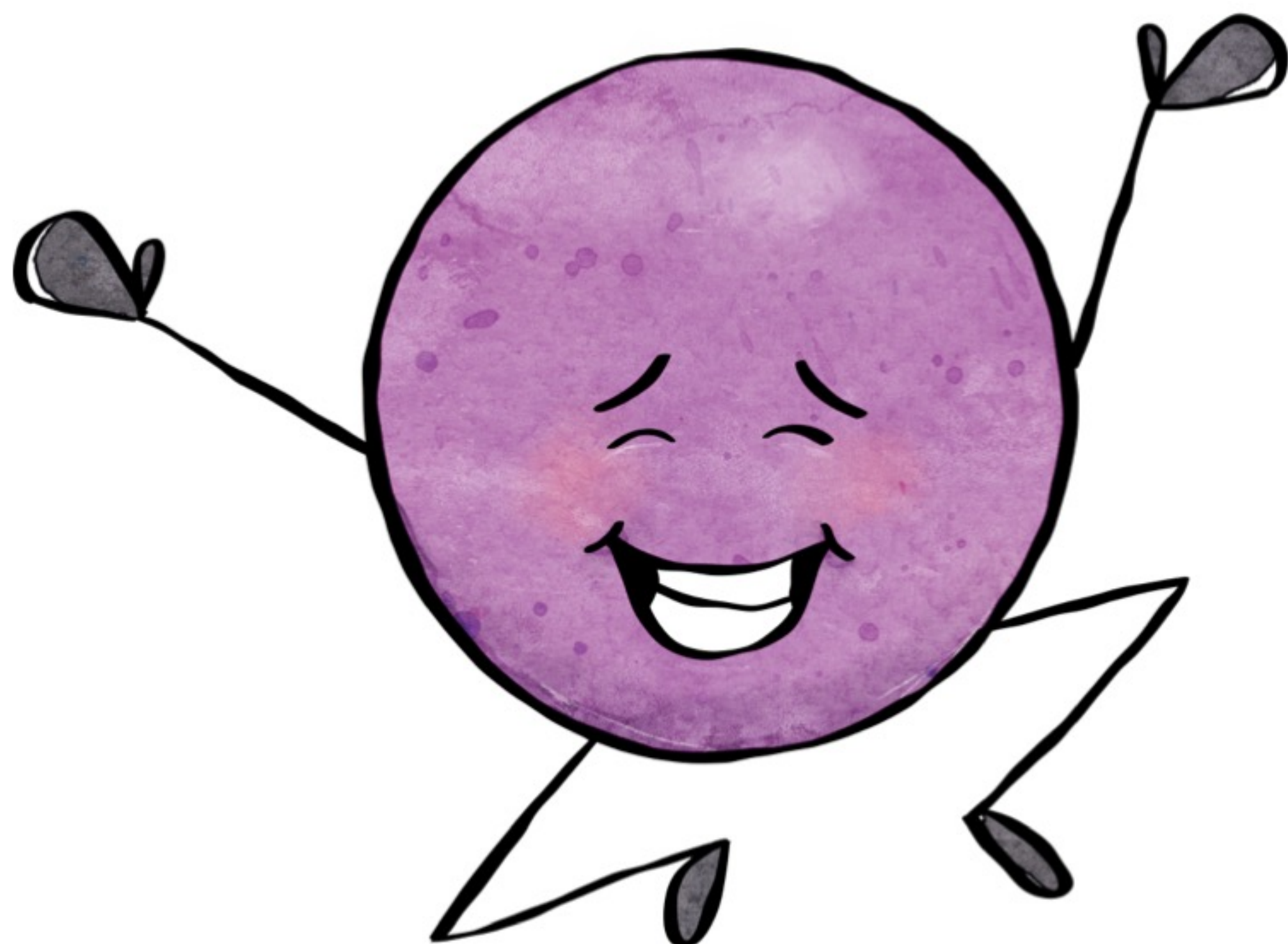
COPING SKILLS BINGO



Squeeze a stress ball

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COPING SKILLS BINGO



Exercise

© 2016 Counselor Keri

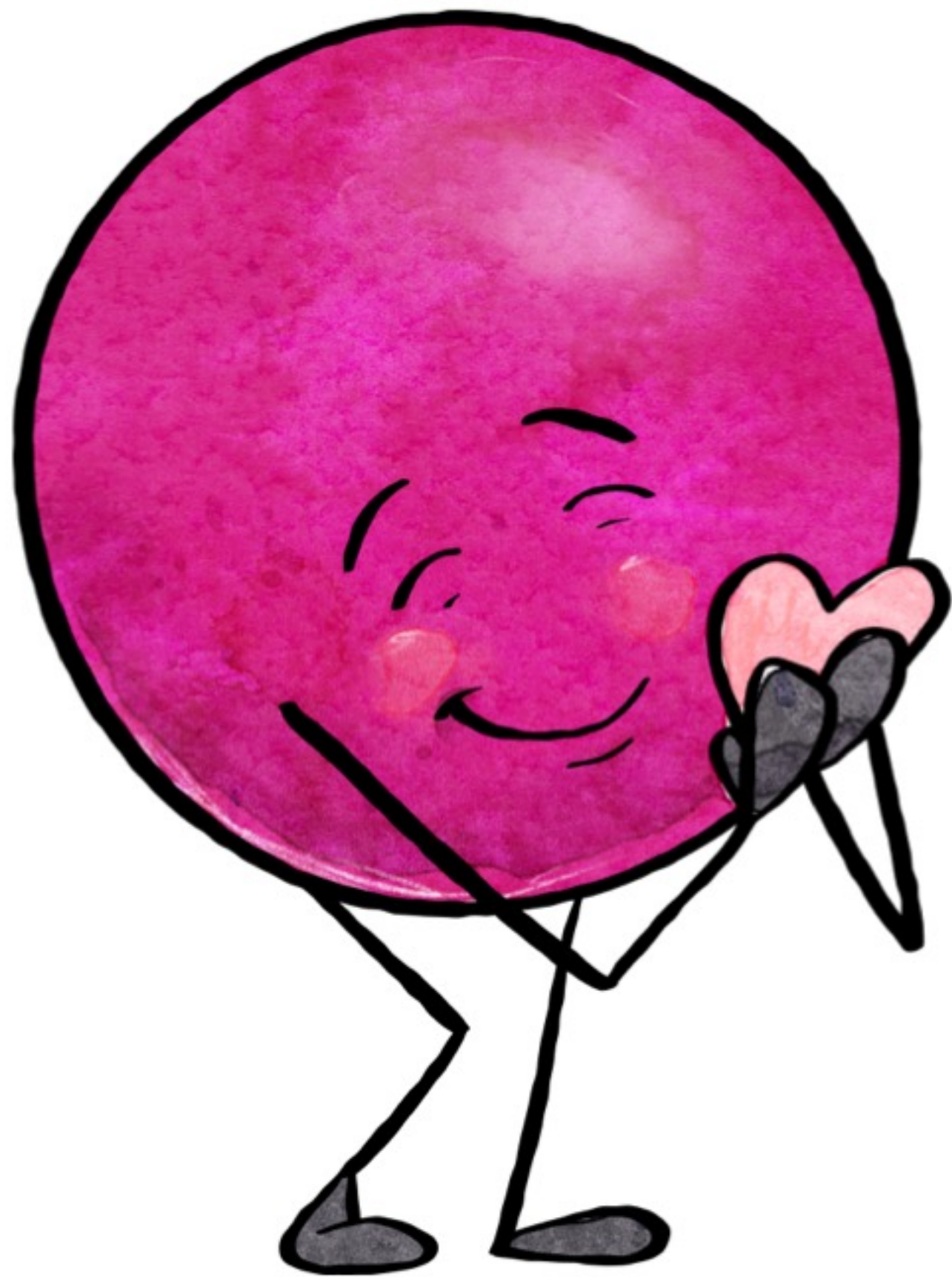
COPING SKILLS BINGO



Dance

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COPING SKILLS BINGO



Say affirmations

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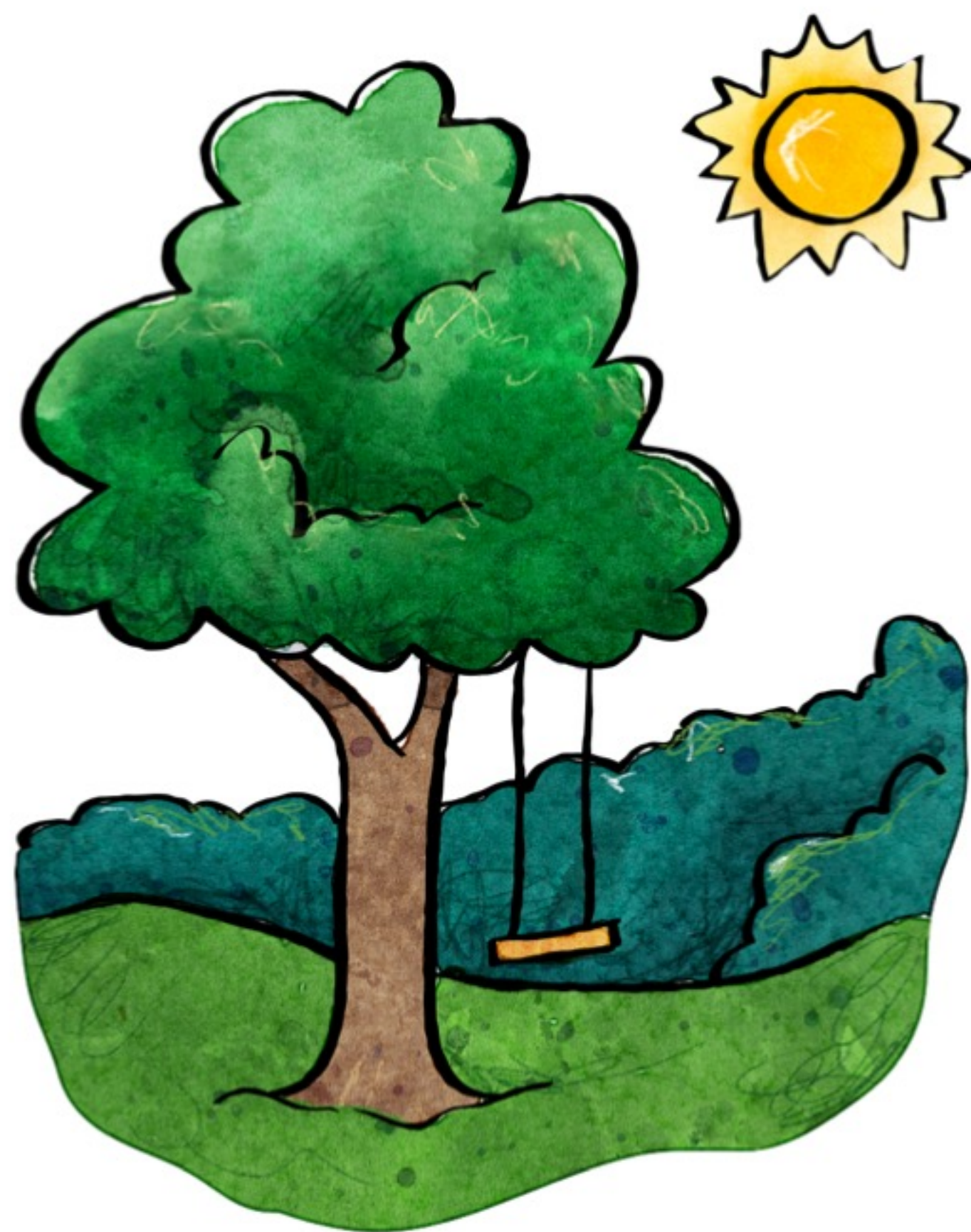
COPING SKILLS BINGO



Find something beautiful

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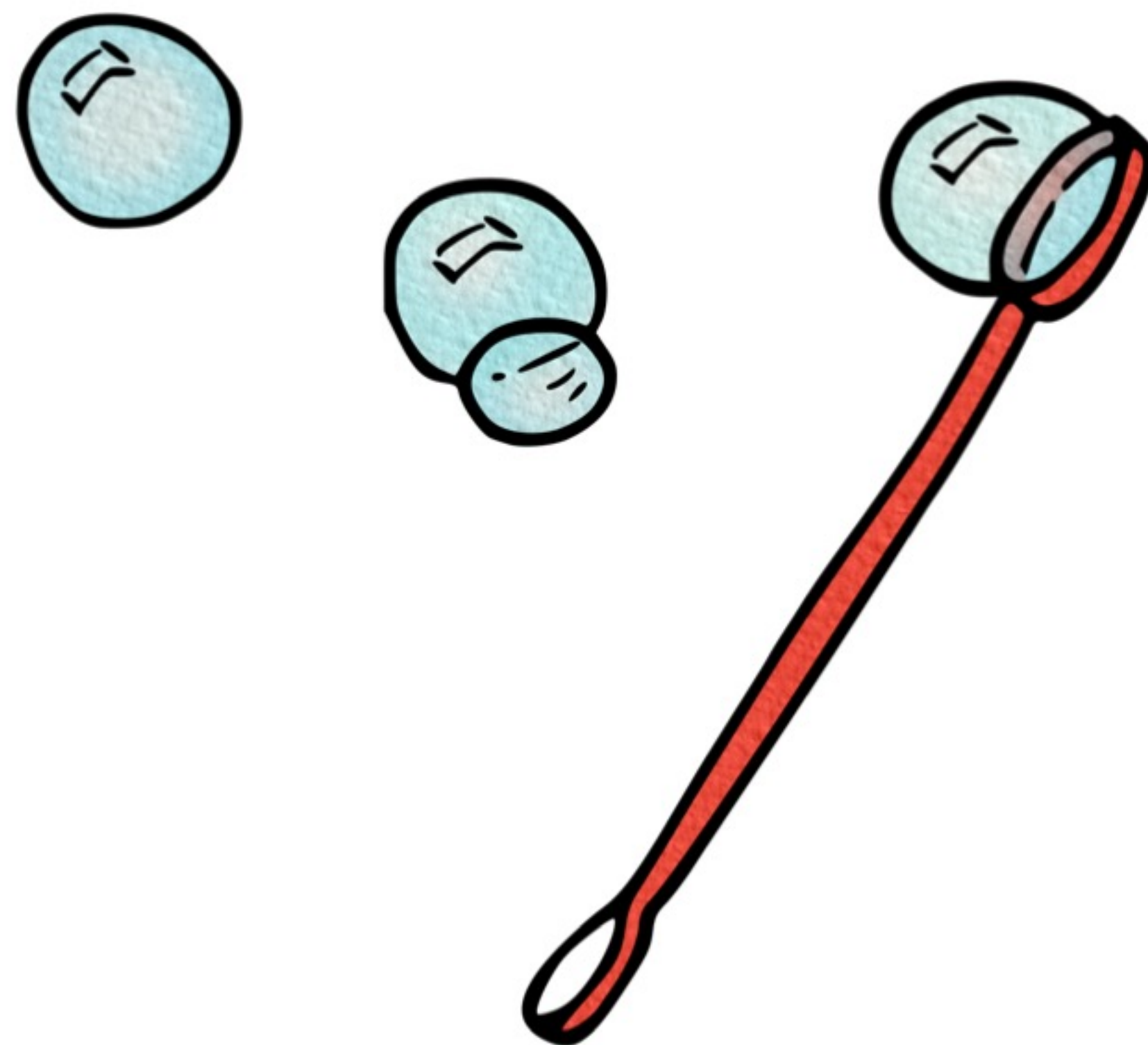
COPING SKILLS BINGO



Spend time in nature

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COPING SKILLS BINGO



Blow bubbles

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COPING SKILLS BINGO



Build something

© 2016 Counselor Keri

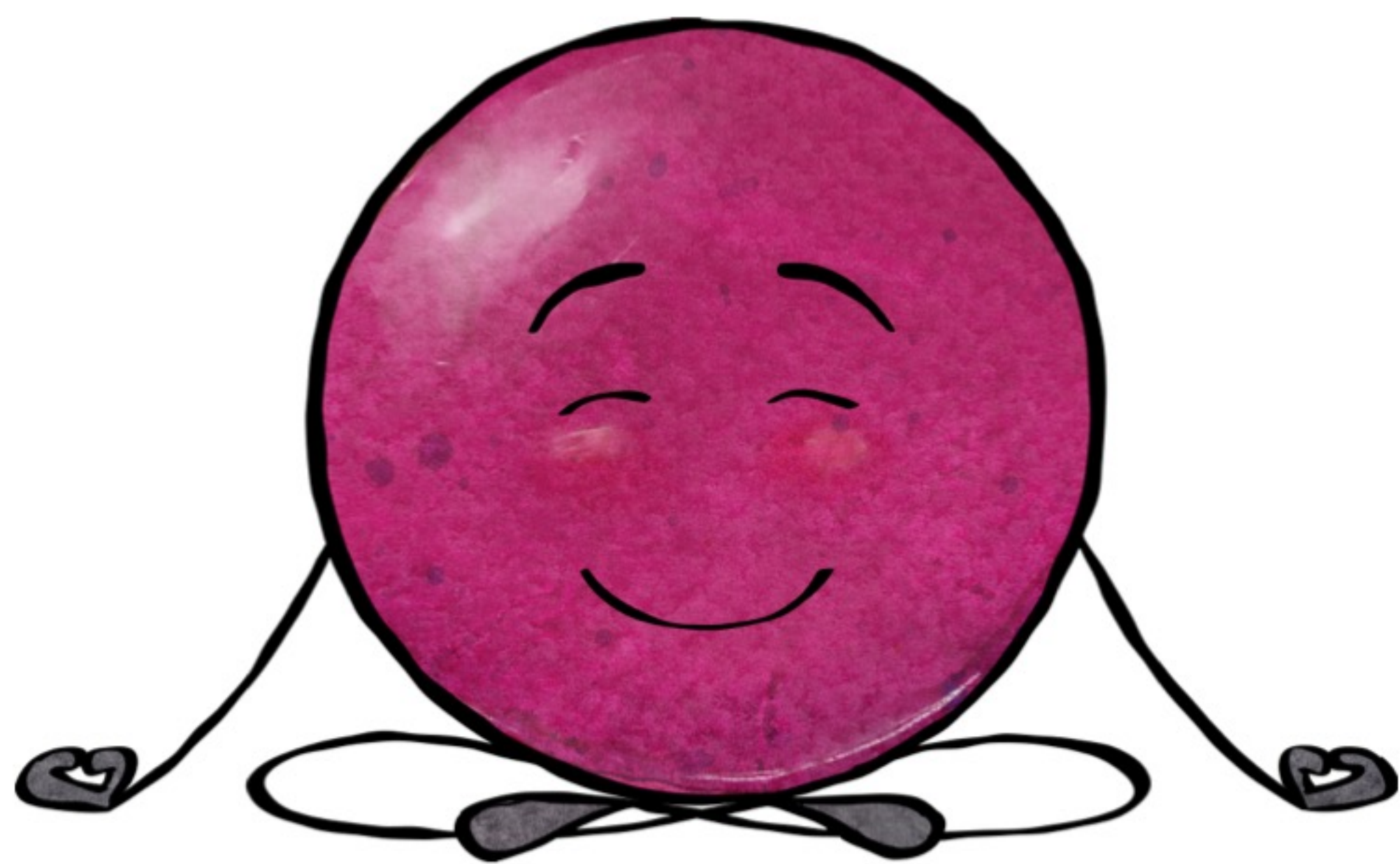
COPING SKILLS BINGO



Control your breathing

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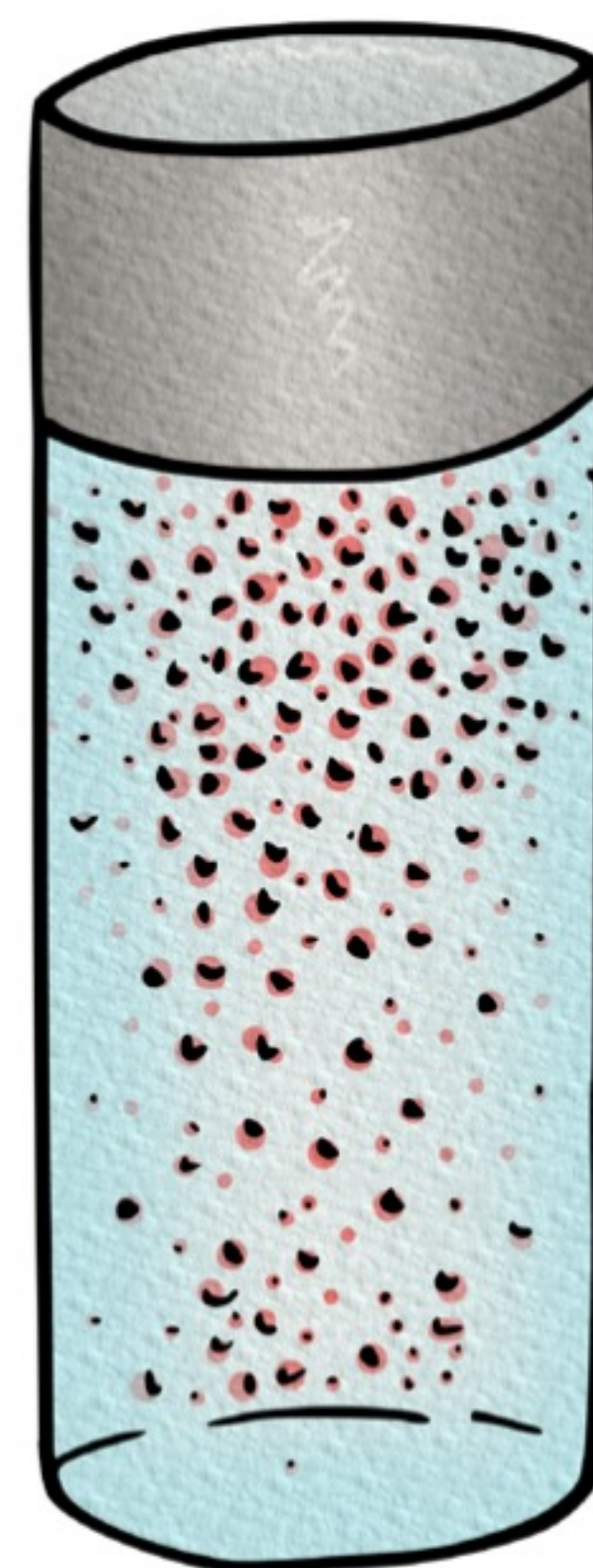
COPING SKILLS BINGO



Practice mindfulness

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Shake a glitter bottle

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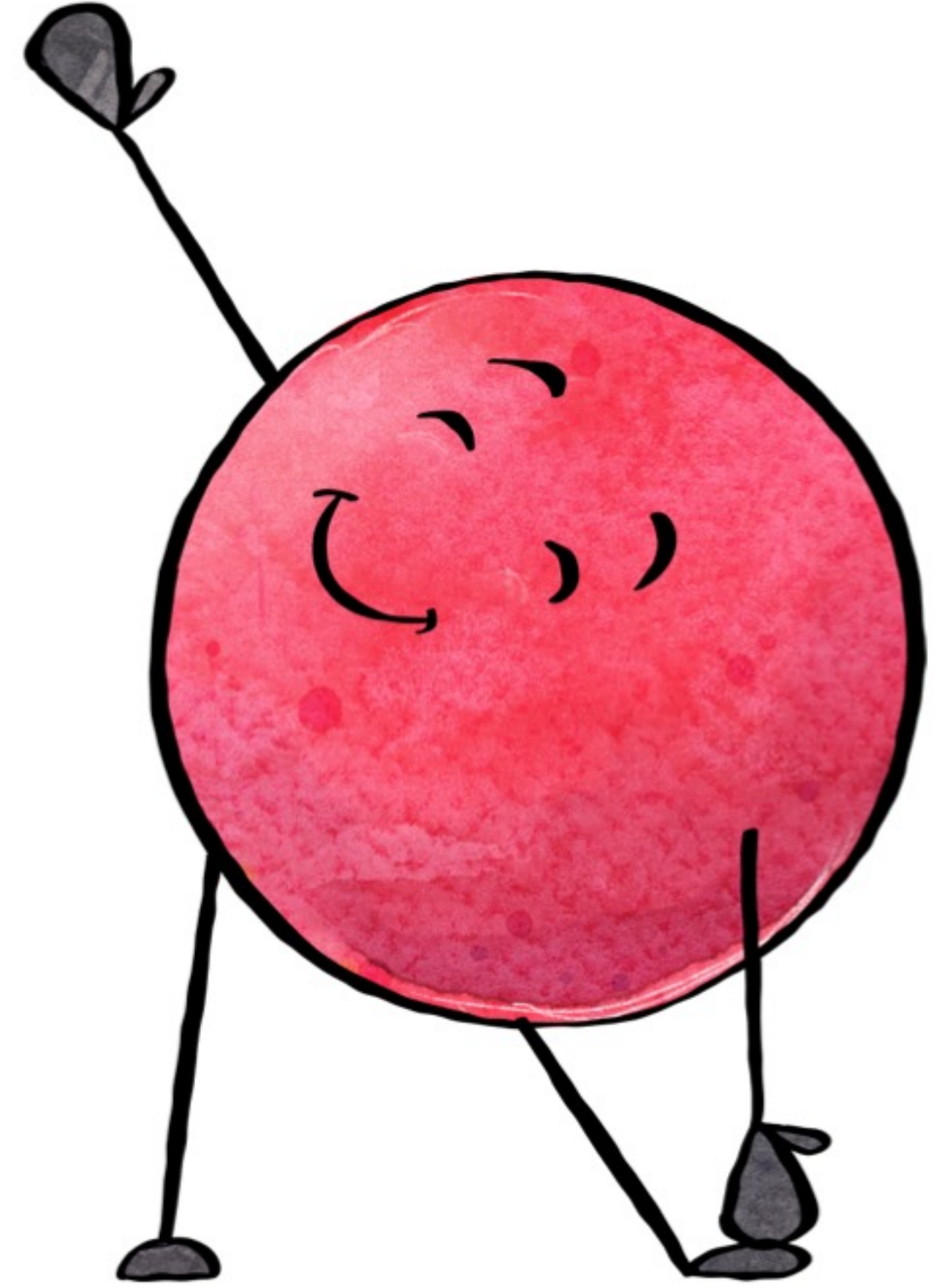
COPING SKILLS BINGO



Spend time with a pet

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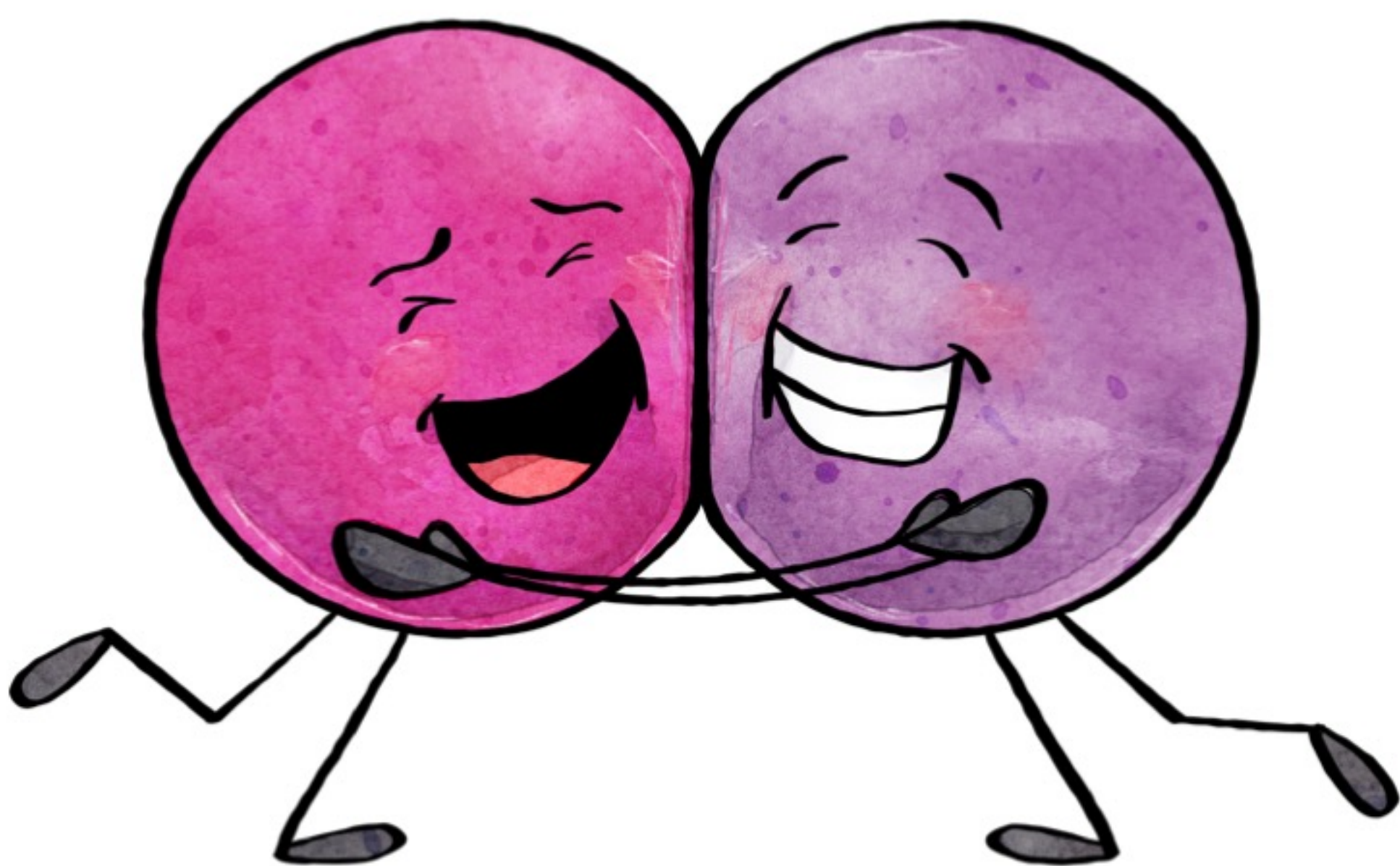
COPING SKILLS BINGO



Do yoga

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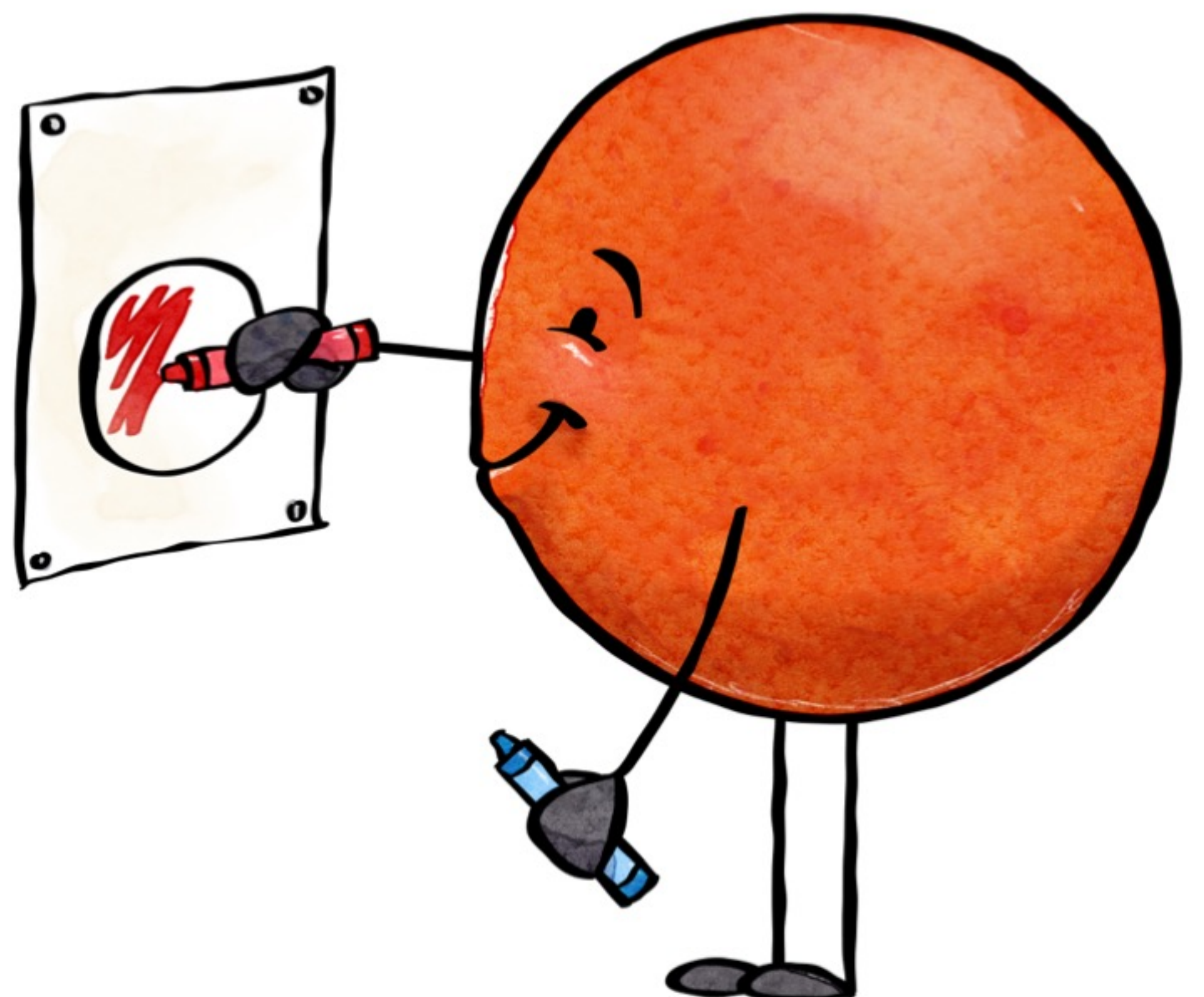
COPING SKILLS BINGO



Spend time with a friend

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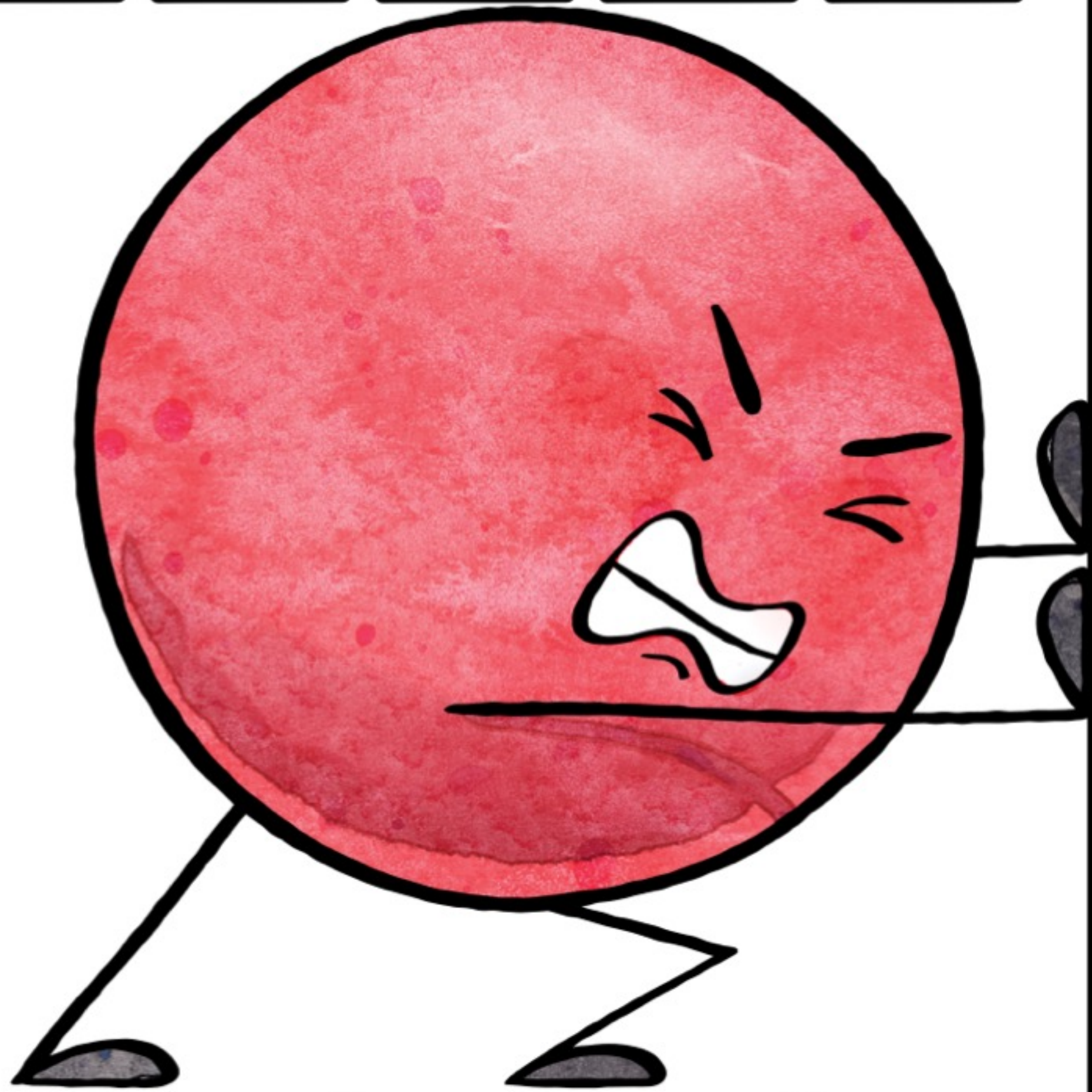
COPING SKILLS BINGO



Draw a picture

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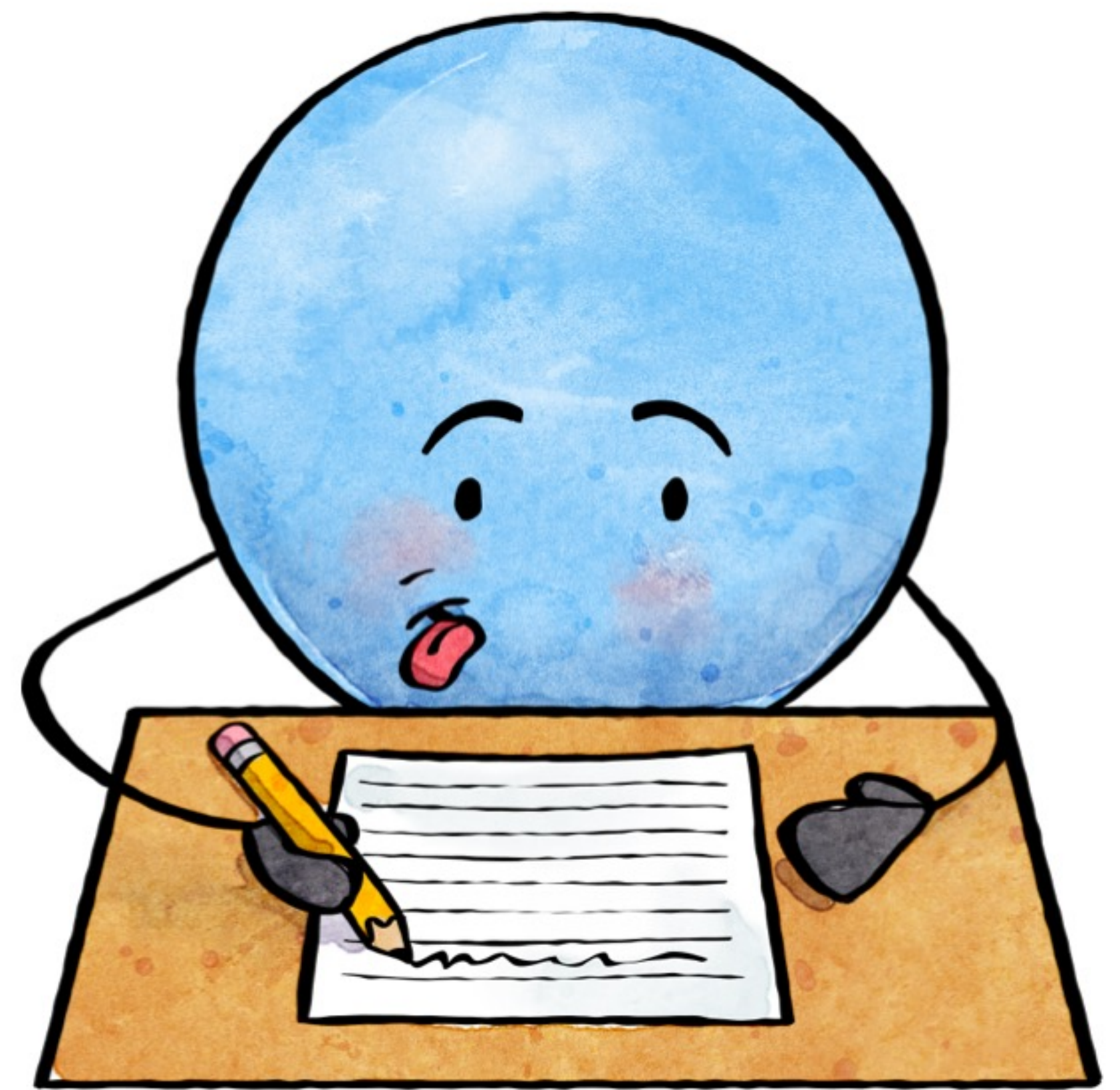
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Push a wall

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Write about your feelings

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Go for a walk

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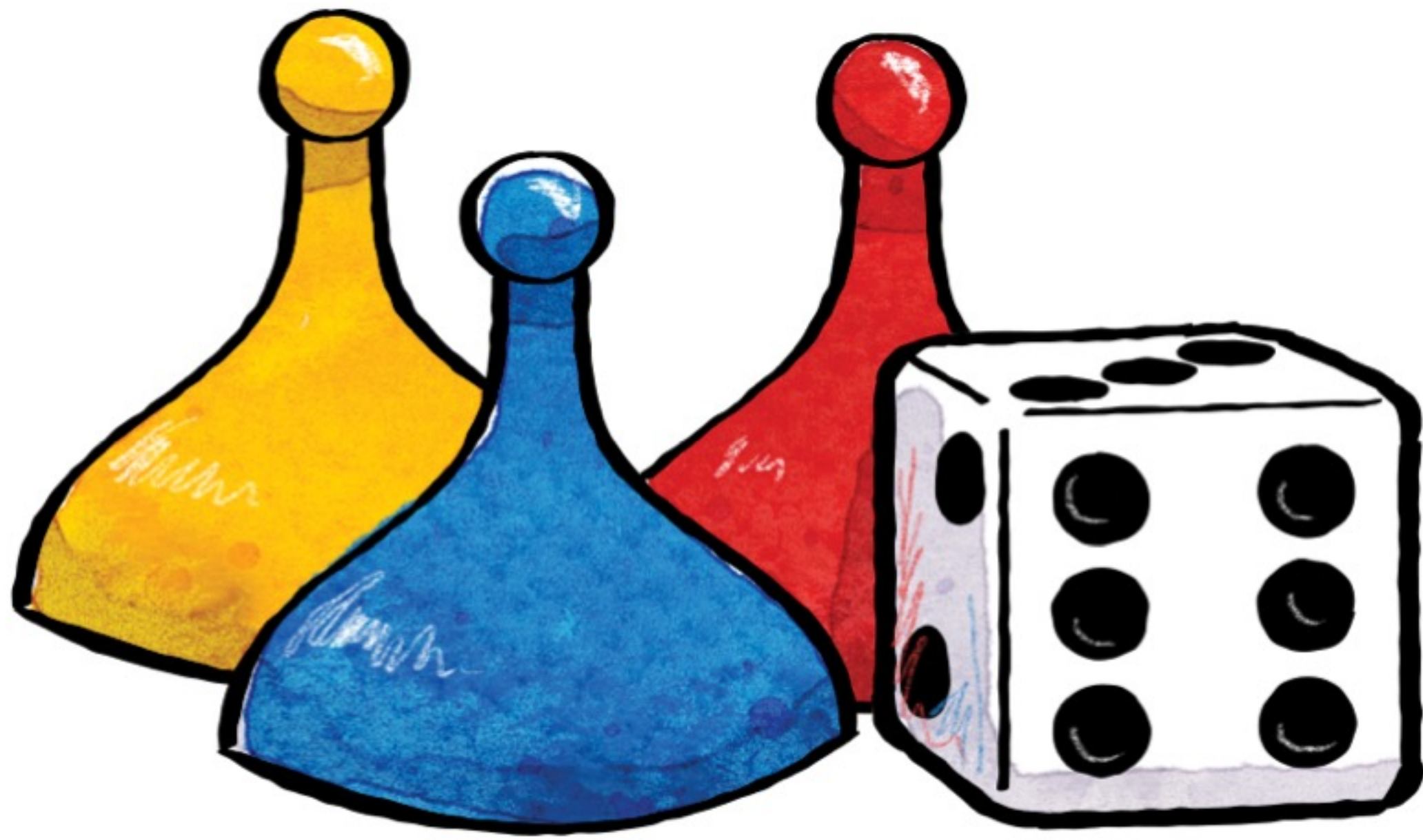
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Listen to music

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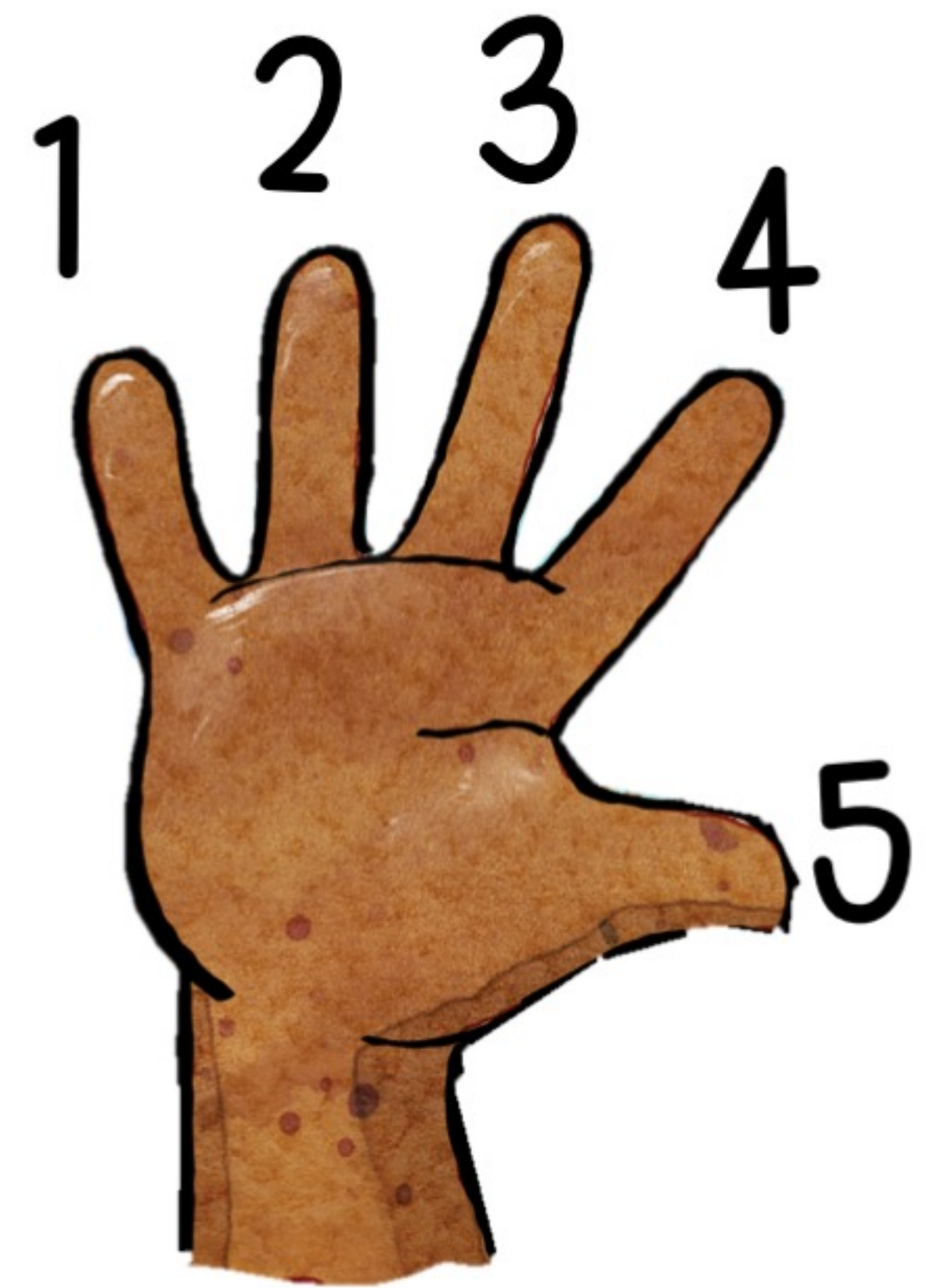
COPING SKILLS BINGO



Play a game

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COPING SKILLS BINGO



Make a list of 5 positive things

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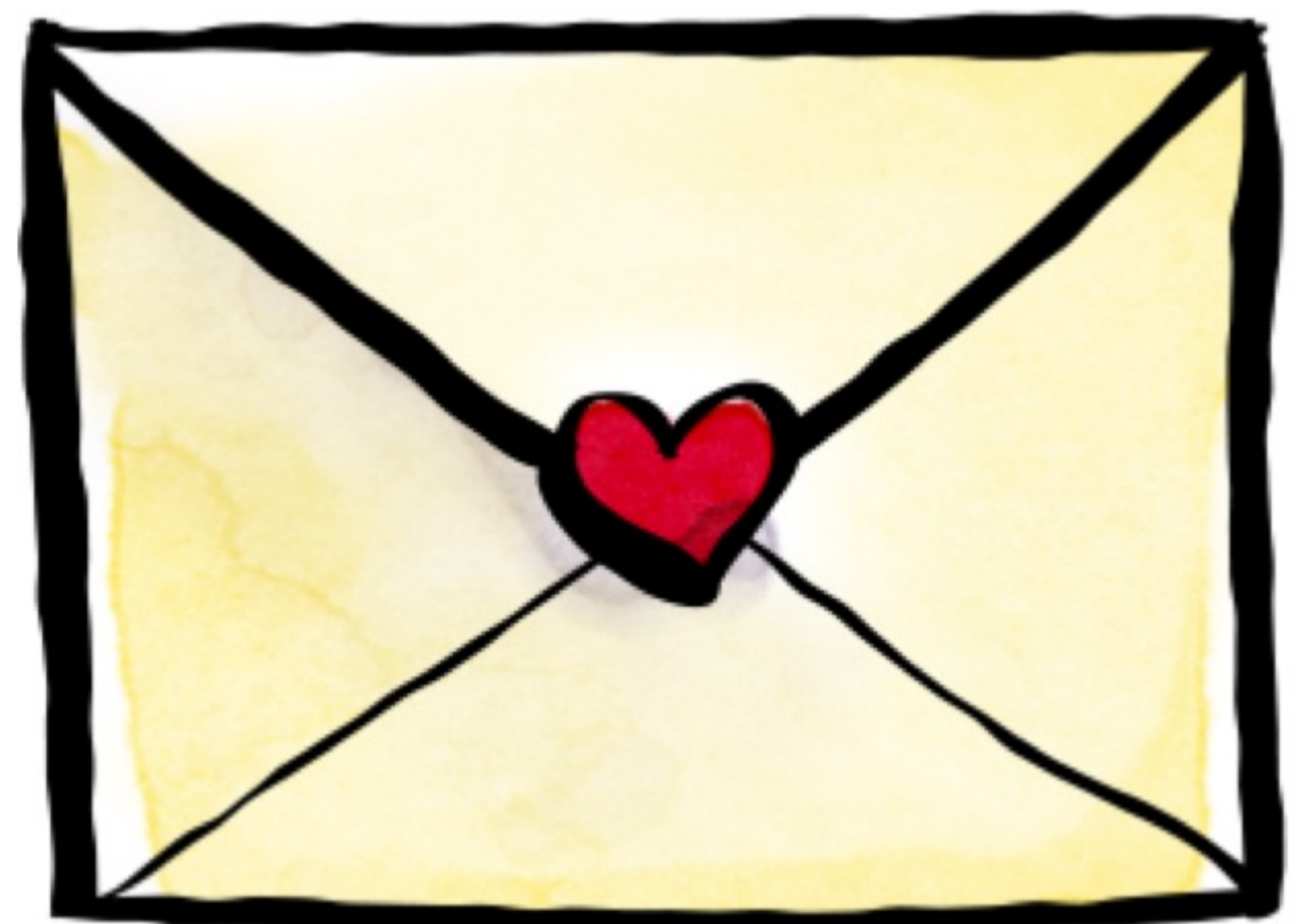
COPING SKILLS BINGO



Read a book

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Write a letter

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