

B	I	N	G	O
Try something new	Check in with friends	Drink water stay hydrated	Stick to a routine	Play with your pet
Do a craft or puzzle	Try out a new recipe	Relax	Communicate with relatives	Spring Clean
Tend to your plants	Turn off the tv	FREE SPACE!	Cross something off "To Do" list	Get up and move
Journal	Talk with someone	Listen to your favorite music	Exercise	Read
Eat Healthy	Deep breathing	Share your passion with others	Write a note to a loved on	Draw/Doodle

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Listen to your favorite music	Read	Tend to your plants	Try out a new recipe	Eat Healthy

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