

B	I	N	G	O
Take a shower/Pamper yourself	Board Game	Exercise	Sing a song	Play with a pet
Deep Breathing	Take a nap	Pray/Meditate	Call someone you know to talk	Read
Stay in Pajamas all Day	Take a walk	FREE	Cook or bake something	Learn to juggle
Movie night	Start a project	Play Cards	Learn a Yoga pose	Post positive message on social media
Learn a TIK TOK dance	Dance Party	Put a puzzle together	Watch a new show	Deep clean your room

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Take a walk	Call someone you know to talk	Sing a song	Deep Breathing	Pray/Meditate
Exercise	Watch a new show	Play with a pet	Dance Party	Read
Movie night	Cook or bake something	FREE	Learn to juggle	Board Game
Learn a Yoga pose	Put a puzzle together	Take a shower/Pamper yourself	Deep clean your room	Start a project
Play Cards	Post positive message on social media	Stay in Pajamas all Day	Take a nap	Learn a TIK TOK dance

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Dance Party	Put a puzzle together	Call someone you know to talk	Post positive message on social media	Cook or bake something
Take a shower/Pamper yourself	Movie night	Play Cards	Take a nap	Play with a pet
Stay in Pajamas all Day	Deep clean your room	FREE	Start a project	Learn a Yoga pose
Take a walk	Read	Sing a song	Watch a new show	Exercise
Learn to juggle	Board Game	Pray/Meditate	Deep Breathing	Learn a TIK TOK dance