

|                                             |                                          |                                  |                                    |                                                        |
|---------------------------------------------|------------------------------------------|----------------------------------|------------------------------------|--------------------------------------------------------|
| <b>B</b>                                    | <b>I</b>                                 | <b>N</b>                         | <b>G</b>                           | <b>O</b>                                               |
| tried to learn a new tik tok dance          | asked a neighbor if they needed anything | family dinner over the internet  | sang while washing your hands      | made a dish from scratch                               |
| did a virtual workout with Ben              | tried a new hobby                        | ran out of toilet paper          | bought takeout from local restrant | thanked a healthcare worker                            |
| walked your dog everyday                    | cleaned all high contact points          | gave yourself or other a haircut | had a spa day                      | taught an older relative to Zoom use Facebook or other |
| left toilet paper on the shelf at the store | read an entire book                      | finished a jigsaw puzzle         | participated in virtual happy hour | coughed and wondered if you're infected                |
| sewed a face mask                           | downloaded an online game                | watched an entire TV series      | drew something you're proud of     | gave an acquaintance an elbow bump                     |

|                                                      |                                                                    |                                             |                                                   |                                                  |
|------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------|---------------------------------------------------|--------------------------------------------------|
| <b>B</b>                                             | <b>I</b>                                                           | <b>N</b>                                    | <b>G</b>                                          | <b>O</b>                                         |
| walked<br>your dog<br>everyday                       | cleaned<br>all high<br>contact<br>points                           | thanked a<br>healthcare<br>worker           | bought<br>takeout<br>from local<br>restraunt      | coughed and<br>wondered if<br>you're<br>infected |
| drew<br>something<br>you're<br>proud of              | taught an<br>older relative<br>to Zoom use<br>Facebook or<br>other | gave<br>yourself<br>or other a<br>haircut   | made a<br>dish from<br>scratch                    | read an<br>entire<br>book                        |
| did a<br>virtual<br>workout<br>with Ben              | family<br>dinner<br>over the<br>internet                           | ran out<br>of toilet<br>paper               | participated<br>in virtual<br>happy hour          | tried to<br>learn a<br>new tik<br>tok dance      |
| left toilet<br>paper on<br>the shelf at<br>the store | downloaded<br>an online<br>game                                    | tried a<br>new<br>hobby                     | finished<br>a jigsaw<br>puzzle                    | sang while<br>washing<br>your<br>hands           |
| sewed a<br>face<br>mask                              | watched<br>an entire<br>TV series                                  | gave an<br>acquaintance<br>an elbow<br>bump | asked a<br>neighbor if<br>they needed<br>anything | had a<br>spa day                                 |

|                                                        |                                    |                                |                                     |                                          |
|--------------------------------------------------------|------------------------------------|--------------------------------|-------------------------------------|------------------------------------------|
| <b>B</b>                                               | <b>I</b>                           | <b>N</b>                       | <b>G</b>                            | <b>O</b>                                 |
| taught an older relative to Zoom use Facebook or other | participated in virtual happy hour | downloaded an online game      | drew something you're proud of      | finished a jigsaw puzzle                 |
| coughed and wondered if you're infected                | gave an acquaintance an elbow bump | did a virtual workout with Ben | gave yourself or other a haircut    | tried to learn a new tik tok dance       |
| left toilet paper on the shelf at the store            | sewed a face mask                  | ran out of toilet paper        | cleaned all high contact points     | tried a new hobby                        |
| walked your dog everyday                               | read an entire book                | watched an entire TV series    | bought takeout from local restraunt | asked a neighbor if they needed anything |
| had a spa day                                          | thanked a healthcare worker        | sang while washing your hands  | family dinner over the internet     | made a dish from scratch                 |