B I N G O

🚶 Enjoy a 20-minute **walk outside**	💻 **Netflix** Watch a **movie** (or a few) or a new TV series	🎵 Listen to a **Podcast or Audiobook**	💪 Try a jumping jacks, squats, or push-up challenge	💧 **Stay hydrated!** Drink 1-2L of water
🍎 Try a new **healthy recipe** (or not so healthy!)	💃 10-minute music blasting **dance break!**	🌱 Go on a **nature scavenger hunt** in the yard or at a park	🧩 Complete a **puzzle** (1,000+ pieces!?)	🎨 Screen-free **arts & crafts**
🧘 30-minute **yoga** session	💪 Do a **virtual workout**	**amilia**	🎨 Do a **home decor DIY project** (that's been on the backburner for a while now...)	🧘 **Meditate** for 10-minutes – or more, if you can handle it!
💅 **DIY spa day** Make your own **face masks** (fun for kids too!)	🧩 **Game night!** (Jenga, Uno, Go Fish, Ticket to Ride, Monopoly, ...)	🌱 Start an **indoor herb garden**	🎵 **Spotify** Add 5 new songs to your playlist	📖 Curl up and **read a good book**
💎 **Virtual museum visit**	💅 Give yourself (or a loved one) some pampering with a **mani** or **pedi**	🚶 Go for another **walk outside**, in another part of the neighborhood	💡 **Practice tasks with your non-dominant hand:** like tooth brushing!	✏️ **Free online course** (new language, skill, or interest)