

Activity Bingo

Try different activities while unplugging to thrive together!

Be with Friends	Play some Music	Have a Picnic	Read a Book	Play with Pets
Go for a Walk	Explore a Park	Do some Journaling	Cook a Meal	Dance
Visit the Library	Build a Puzzle	FREE SPACE	Play a Board Game	Do some Yoga
Do some Coloring	Build a Pillowfort	Take a Bike Ride	Take a Deep Breath	Clean your Room
Get Outside	Try Something New	Play a Card Game	Just Sit and Think	Create Something