

Let's Stay Home *bingo*



Cook a new recipe	Find a new online workout (and just try it)	Meditate for 5-10 minutes, three days in a row	Learn a new skill or hobby	Learn a phrase in a new language
Send encouragement to someone	Create a schedule for the day	Play a board game or do a puzzle	Stretch for at least 15-minutes	Look through your old photo albums
Get 7-9 hours of sleep	Write a letter to a friend (or yourself)	Organize your closet or make a donation pile	Plan a garden	Have a dance party (solo counts)
Start a hobby	De-clutter one area of your house (or your desk or car)	Take a 20-minute power nap	Read a book	Drink 64oz of Water or Half your Weight in oz.
List 20 good things about yourself	Make your bed five consecutive days	Do a video call with a friend or family member	Clean up some computer files	Write down five things you are grateful for