

**B****I****N****G****O**

Plant a  
flower or  
vegetable  
garden

Write to an  
old friend

Read a  
book

Enjoy a  
glass of  
wine or  
cocktail

Go for a  
drive with  
your arm  
hanging out  
the window

Exercise  
or  
take a walk

Organize a  
drawer or  
closet

Learn  
something  
new

Start a  
diary or  
journal

Complete  
a  
crossword  
puzzle

Bird watch  
for 1 hour

Watch a  
movie

**FREE  
SPACE**

Try a new  
recipe

Go on a  
virtual tour

Spend 15  
minutes  
meditating

Wave hello  
to walkers

Complete  
a jigsaw  
puzzle

Have a  
picnic in  
your  
backyard or  
in a park

Dance in  
your living  
room

Call a family  
member and  
tell them  
your favorite  
joke

Make a list  
of what  
you're  
thankful for

Do  
something  
nice for  
someone

Drink an  
extra glass  
of water

Surprise a  
friend by  
mailing  
them a  
card

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

# *Tell me how you're doing...*

This quarantine has me feeling: \_\_\_\_\_

\_\_\_\_\_

I can't wait until I can: \_\_\_\_\_

\_\_\_\_\_

Staying indoors has made me realize: \_\_\_\_\_

\_\_\_\_\_

I have been keeping busy by: \_\_\_\_\_

\_\_\_\_\_

Today I am physically feeling: \_\_\_\_\_

\_\_\_\_\_

Anything else you want to share:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_