

# Bingo Challenge 2020

Write down 3 goals of things you would like to accomplish over the next couple weeks	Teach a family member about deep breathing	Help a family member out around the house	Draw/Color a picture	Move your body (exercise, dance, yoga)
Take a day off from social media	Read an article/book for fun	Write your own acrostic poem using your own name	Write down five positive words to describe yourself	Participate in a mindfulness activity
Play a board/card game with someone	Learn to say "thank you" in a different language.	<b>FREE SPACE</b>	Organize your school materials	List five ways you can cope with stressful situations
Take a selfie of you distance learning!	Cook or bake a healthy recipe (with parent/guardian permission)	Email a teacher thanking them for something specific that you like about them or their class	Listen to music	Facetime/Call a friend
Text a friend telling them you are thinking of them	Write a Thank You card to someone	Do a random act of kindness	Watch a movie	Write down five things you are grateful for