

# Phoenix Bingo



<b><i>Keep a daily routine</i></b>	<b><i>Get at least 8 hours of sleep at night</i></b>	<b><i>Eat healthy foods</i></b>	<b><i>Set time to do school work</i></b>	<b><i>Write down 5 things you are grateful for</i></b>
<b><i>Cook/bake something for a family member</i></b>	<b><i>Write in your journal</i></b>	<b><i>Spend 30 minutes away from a screen</i></b>	<b><i>Listen to a Podcast</i></b>	<b><i>Do something active! (walk, bike, dance)</i></b>
<b><i>Play a board game</i></b>	<b><i>Do yard work (with an adult)</i></b>	<b><i>Take the dog for a walk, or go with your family</i></b>	<b><i>Help with a household chore</i></b>	<b><i>Paint, draw, or craft</i></b>
<b><i>Read a book</i></b>	<b><i>Connect with a friend (call, email, video call)</i></b>	<b><i>Try a new recipe</i></b>	<b><i>Take a virtual tour of a museum</i></b>	<b><i>Read a book</i></b>
<b><i>Write a letter to a friend or family member</i></b>	<b><i>Draw a picture and cut up to make a puzzle</i></b>	<b><i>Read a book to a family member</i></b>	<b><i>Play in the sunshine</i></b>	<b><i>Do some stretching or yoga</i></b>

***We miss you! Talk to a Phoenix friend about your Bingo Board-- what have they done?***