




Make the best of it...

# B I N G O

 <p>Listen to the birds sing</p>	 <p>Eat something delicious</p>	 <p>Call a friend</p>	 <p>Tell someone "thank you"</p>	 <p>Laugh heartily</p>
 <p>Take a shower/bath</p>	 <p>Sing a song</p>	 <p>Get some fresh air</p>	 <p>Do 15 jumping jacks</p>	 <p>Do something nice for someone</p>
 <p>Improve your surroundings</p>	 <p>Work on a project you've been putting off</p>	 <p><b>Stay at home!</b></p>	 <p>Listen to your favorite song</p>	 <p>Watch the clouds</p>
 <p>Draw a picture</p>	 <p>Have a dance party</p>	 <p>Read a book</p>	 <p>Take 10 deep breaths</p>	 <p>Post your favorite image on your social</p>
 <p>Eat a healthy meal</p>	 <p>Write down 5 things you are grateful for</p>	 <p>Cook a new recipe</p>	 <p>Learn a new skill</p>	 <p>Watch a movie</p>

HERE COMES THE  
APOCALYPSE