

Social Distancing Bingo

Read something to better yourself	Write a letter*	<u>Lovingkindness Meditation</u>	Text a neighbor	Call an elderly relative
Hold a solo dance party	Walk in nature	Hug a cat, dog or a tree	Make a new recipe	Patronize a small business
Build something	Tend a garden	Wash Your Hands!	Practice yoga	Clean your room
<u>Take a virtual course</u>	Make art	Cook with an unfamiliar ingredient	<u>Visit an online museum</u>	Sing a silly song
Review your favorite small business online	Take a nap	Bird watch	Plant a seed	<u>Practice 2-to-1 breathing</u>

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*Don't have a penpal? Write Rachel at 1224 E Cooke Rd Columbus OH 43224 and I'll write back!