

	PHYSICAL DISTANCING				
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	Help a grown up clean up in the kitchen.	Tidy your room up all by yourself.	Wash your hands with soap while singing your favorite silly song, super loud, in your best opera voice.	Remember to cough into your elbow or sleeve every time for a whole day!	Help with a chore at home, like laundry or doing dishes, that helps keep the house clean.
	Eat a healthy breakfast, without a lot of sugar!	Choose a vegetable or fruit for a snack!	Drink 8 glasses of water a day....instead of sugary drinks....to keep your body healthy.	Try a new healthy food. Really try to like it first before you decide that it isn't for you.	Trade one junk food that you love and replace it with a healthy food instead for a few days. Notice how it makes you feel.
	Take a few minutes to sit quietly and listen to the birds.	Draw a picture of your favorite place. Imagine that you are there. Spend a few moments feeling calm and safe there.	* Stay Home *	Do some yoga or meditation with a parent or friend. Notice how you feel when you are done.	Sit or stand outside. Imagine that you can plant yourself like a tree. Reach out your arms, and look up to the sky. Breathe deep. How does it feel?
	Do ten sit ups, ten push ups, and ten jumping jacks.	Go outside and play for at least half an hour.	Make a fort or a fairy house. Decorate it using only things from nature.	Make a nature mandala using only natural materials.	Invent a new exercise and name it yourself. Teach it to at least one other person.
	Spend at least one afternoon without any screen time.	Read a book to someone else.	Write a story or a poem and share it with at least one other person.	Put on a play or a concert for at least one other person.	Give someone a lesson on how to do something.