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MAKE A BATCH OF COOKIES	READ A BOOK OR MAGAZINE	WRITE A NOTE TO A FRIEND AND MAIL	BIRD WATCH IN YOUR YARD	TAKE A SILLY PHOTO AND SEND TO FAMILY/FRIENDS
ENJOY A 20-MINUTE WALK OUTSIDE	CALL A FAMILY MEMBER	WATCH A MOVIE	PICK SOME FLOWERS FROM YOUR YARD	DO A CRAFT PROJECT
CALL A FRIEND	DRINK EIGHT GLASSES OF WATER	<p>FREE</p>  <p>WESTERVILLE SPACE</p>	GO A DAY WITHOUT JUNK FOOD	PAINT YOUR FINGERNAILS
ORGANIZE YOUR CLOSET	DO A LOAD OF LAUNDRY	CLEAN YOUR BATHROOM	WATCH A NATURE SHOW	MEDITATE AND WORK ON BREATHING AND STRETCHING
TRY A NEW RECIPE	MAKE A LIST OF THE THINGS YOU ARE GRATEFUL FOR	DRAW AND COLOR A PICTURE	MAKE PANCAKES OR EGGS FOR DINNER	PRACTICE TASKS WITH YOUR NON-DOMINANT HAND

www.westerville.org/virtualrecreation

For updates or information: www.westerville.org/covid19