



*Team Buono*

# Quaranteen Bingo

Bike Ride	Walk	Yoga, Zumba, or dance	Play outside	Picnic Lunch
Read a book	listened to a book	did one hour of schoolwork	study	watch a documentary
Make bed	Dust a room	FREE SPACE	clean a bathroom	Tidy up basement
Do "someone else's" chore	Call a grandparent	Write a letter	Journal	put something NON food related in the gratitude jar
CCD activity	Craft	Take a break from technology	Do something with music	complete a free online class (none FCPS)

