

Screen-Free Bingo!

Mark off each space as you do these activities during Screen-Free Week. Get "BINGO" when you complete 5 across, down, or diagonal! Need a challenge? Try to mark off the whole board!



Read a book	Make your own game	Spend four hours outside in one day	Look in the mirror. Take a "selfie" with your mind. You're beautiful!	Introduce yourself to someone new
Write a letter, then mail or hand-deliver it	Hang with a friend face-to-face	Sleep without your phone in your room	Tell or write a story	Play a board game
Discover a new park	Unfollow or block someone online who makes you unhappy	Free space!	Give someone a hug	Listen to music
Do some gentle body stretches	Make a list of your goals or dreams	Try a new food	Start a journal (write down what you would have posted online!)	Have a dance party
Go for walk somewhere new	Cook a meal or bake something	Offer to help a friend, family member, or neighbor	Take a nap or sit and daydream	Paint or Draw