

## Bingo with a Twist

# POWDER SPRINGS BINGO CHALLENGE

<b>B I N G O</b>				
<b>List 3 things:</b> you love about your favorite TV show or movie	<b>Complete:</b> 20 arm curls 20 knee lifts 20 ankle rolls	Take a Walk <b>OR</b> Get some Sun!	<b>Take 3 deep breaths!</b> <ul style="list-style-type: none"><li>• In through your nose, count 1...2...3...</li><li>• Hold, count 1...2...3...</li><li>• Out through your mouth, count 1...2...3...</li></ul>	<b>Clean out your junk drawer!</b> Throw away garbage, wash the drawer and share the weird items you find with us.
<b>List 3 things:</b> that you are grateful for today!	<b>Call:</b> a friend or a family member!	<b>Clean out your pantry/cupboards.</b> How many expired items do you have?	<b>Share:</b> an easy recipe on Facebook	<b>Name all 50 States!</b> NO CHEATING!
<b>Drink 64 oz. of water in one day!</b> Daily Suggestion Source: <a href="http://webmd.com">webmd.com</a>	<b>Stimulate your mind!</b> Complete one crossword, word search, Sudoku or other puzzle		<b>Reminisce!</b> Look through old photos	<b>Listen to music that makes you happy!</b>
<b>Take a selfie!</b> Send to a friend or post to your Facebook page	<b>Write about:</b> A positive & memorable time in your life.	How many words can you come up with in two minutes using the letters from: <b>CORONAVIRUS</b>	<b>Mail:</b> a friend or family member a letter	<b>Play a Card Game!</b>
<b>Make something creative</b> (Ex. Cooking, drawing, craft, etc...)	<b>Pay it forward!</b> Give someone a compliment	<b>List 3 things:</b> you love about Powder Springs	<b>Write down:</b> a piece of advice you would give to others	<b>Purge!</b> Go through your phone and clean out apps/pictures that you no longer want or use.

**HOW TO PLAY:** Complete a row vertically, horizontally or diagonally. Get the whole family involved or play with your friends!