

Bingo with a Twist

POWDER SPRINGS BINGO CHALLENGE

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

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