

Activities at Home!



B I N G O

Try Meditation 	Make a Smoothie 	Read a Book 	Plant a Flower/ Herb 	Write about best memory 
Write to a Loved One 	Look at Old Photos 	Paint a Picture 	Make a Scrapbook 	Redecorate 
Crossword 	Listen to Favorite Music 	Practice Social Distancing! 	Watch Family Videos 	Yoga/ Chair Yoga 
Play Cards 	Learn Sign Language 	Practice Tongue Twisters 	Play a Boardgame 	Bake a Treat 
Make Seasonal Wreath 	Knit or Crochet 	Call a Friend 	Soak Feet in Warm Water and Soap 	Finish a Puzzle 