



Self Care but Together

BINGO



Told each other jokes	 Went for a walk	Hugged each other	 Played a board game	Cooked dinner together
Did something artistic 	Relaxed	 Spent time outside	Watched a new tv show	Played cards 
Told stories to each other	Made a treat 		 Exercised	Cleaned a room together
5 minute dance party 	Made a group playlist	Washed your hands 	Told each other kind things	 Made each other laugh
Sang songs together	 Blew bubbles	Tried something new	Read together 	Had a device free day/night