Distance Learning Bingo

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| Help with Laundry | Play Outside | Wash hands for 20 seconds | Try something new | Play a game with family |
| Read a book | Help with making dinner | Practice Mindful Breathing (smell a flower/blow out a candle) | Write a thank you message for someone | Work on a page from distance learning packet |
| Finish a project | Draw/color a Picture | Free Space  Play Distance Learning Bingo | Clean room/Pick up toys | Eat some vegetables |
| Watch one of Mrs. Carmichael’s videos on Facebook | Read a book for fun | Sing a song | Brush Teeth | Follow Rules of a game |
| Be kind to someone | Do something “extra” for someone | Make up a story to share with family | Have a dance party | Work on a puzzle |

Rules of the bingo game: Color in the square that you complete. You can choose five things in a row. If you are choosing a diagonal, horizontal or vertical win – choose only one square per day. If you are playing “blackout” (filling in all squares) you may choose multiple squares in a day. When you finish, if you would like, you can take a picture and email to (ccarmichael@joneshs.k12.ok.us), text to (405-309-2167) or post on Facebook (JES Counseling Corral).