Digital detox

BINGO



Read a Book or Magazine for 20 mins	Walk for 10 minutes	Talk to Loved One in Person	Cook a New Recipe	Organize Your Vehicle
Spend Time Outside	Draw or Paint	Listen to Music	Play a Board Game	Three minutes of deep breathing
Learn a New Skill	Volunteer		Tell Jokes or Ask to Hear Some	Plan Your Garden
Write A Letter or Postcard	Practice a Random Act of Kindness	Do a Puzzle	Attend a Class	Make a Creative Salad or Veggie Dish
Take a Half-Day Trip	Put Phone Away 30 Mins Before Bed	Put Phone Away at Meal Times	Clean Out a Closet or Drawer	Explore a Hobby