

# Washington Park District

**B I N G O**

Wash your hands for 20 seconds 10 times in a day	Do a yoga or workout video	Look up a new joke and laugh	Have a living room dance party	Try an at home sports drill
Learn online with PBS	<b>Bake a cake</b>	<b>Call a friend</b>	Have food delivered or grocery pickup	Support a local business
Clean out a room of your house	Visit a district park you haven't been to	<b>Free!</b>	Practice mindfulness	Go for a hike/walk
Have a zoom family gathering	<b>Ride a bike on our trails</b>	Go on a scavenger hunt	Follow us on social media	Watch a movie and don't check your phone
<b>Write a letter</b>	Donate to someone or something	Give a business a social media review	<b>Teach your pet a trick</b>	<b>Read a book</b>