



# CTC FEEL GOOD



Let's play a game of Social Distancing Bingo!

Play one line, two lines, five lines, or blackout. For each 'bingo' line you mark off, you will earn that many entries into a drawing for prizes at the end of May from Communities That Care!

For additional entries, turn in one or more photos of yourself engaged in any of these activities along with your bingo card, allowing us to share on CTC's social media outlets. Please email a photo of your completed bingo card along with your optional activity photos to [ctcmarinette-menominee@gmail.com](mailto:ctcmarinette-menominee@gmail.com) by May 31, 2020. Let's have some fun!

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

<p><b>HUMAN CONNECTION</b></p> <p>Call a loved one you haven't spoken to in a while</p>	<p><b>PHYSICAL</b></p> <p>Get a solid eight hours of sleep</p>	<p><b>PHYSICAL</b></p> <p>Engage in physical activity/movement for 10+ days for 30 minutes each day</p>	<p><b>HUMAN CONNECTION</b></p> <p>Write down and/or tell someone five things you are grateful for about them.</p>	<p><b>MENTAL</b></p> <p>Stop and smell the flowers</p>
<p><b>GRATITUDE</b></p> <p>Was gentle with myself and gave myself grace</p>	<p><b>MENTAL</b></p> <p>Start and finish a 500+ jigsaw puzzle</p>	<p><b>GRATITUDE</b></p> <p>Write down three things you are thankful for. Do this for one week</p>	<p><b>MENTAL</b></p> <p>Play a board game with a family member</p>	<p><b>PHYSICAL</b></p> <p>Do something a child/young person would general enjoy doing</p>
<p><b>SPIRITUAL</b></p> <p>Connect to a faith community</p>	<p><b>PURPOSE</b></p> <p>Spend the day in a way that best defines who you are</p>	<p><b>FREE</b></p> <p><b>RELAX YOUR MIND AND BE STILL</b></p> <p><b>FREE</b></p>	<p><b>PURPOSE</b></p> <p>Create a vision board</p>	<p><b>MENTAL</b></p> <p>Explore your neighborhood and find three things that are beautiful to you</p>
<p><b>PURPOSE</b></p> <p>Clean out and/or organize two closets or junk drawers</p>	<p><b>COMMUNITY</b></p> <p>Support a small restaurant business</p>	<p><b>MENTAL</b></p> <p>Write and mail a letter to an old friend or family member</p>	<p><b>MENTAL</b></p> <p>'Unplug' for one whole day</p>	<p><b>HEALTHY</b></p> <p>Eat your daily recommended amount of fruits/vegetables</p>
<p><b>MENTAL</b></p> <p>Try a new leisure activity</p>	<p><b>COMMUNITY</b></p> <p>Donate food to a local pantry</p>	<p><b>PHYSICAL</b></p> <p>Complete any virtual run/walk event of your choice</p>	<p><b>PURPOSE</b></p> <p>Learn a new skill</p>	<p><b>PHYSICAL</b></p> <p>Take a relaxing bath (no photos please)</p>