

BINGO FOR ISOLATED AND NONSPECIFIC GENERAL OCCUPANTS

LET'S PLAY BINGO

<p>BAKE SOMETHING YUMMY (upload recipe to share)</p>	<p>GO FOR A WALK OUTSIDE</p>	<p>LEARN SOMETHING NEW</p>	<p>COMPLETE A PUZZLE</p>	<p>ORGANISE SOMETHING IN YOUR HOUSE</p>
<p>WATCH A MOVIE</p>	<p>STAY IN YOUR PJ'S UNTIL MIDDAY</p>	<p>DRAW A SELF-PORTRAIT OF A FRIEND OR FAMILY MEMBER</p>	<p>MEDITATE</p>	<p>READ A CHAPTER OF YOUR BOOK</p>
<p>SIT IN THE SUN FOR 15 MINUTES</p>	<p>FACETIME A FAMILY MEMBER OR FRIEND</p>	<p> LIKE US ON SOCIAL MEDIA</p>	<p>STARGAZE AT NIGHT</p>	<p>LAUGH AT SOMETHING FUNNY</p>
<p>CARE FOR A HOUSE PLANT</p>	<p>COMPLETE 20 MINS OF YOGA</p>	<p>WRITE DOWN 10 THINGS YOU ARE GRATEFUL FOR</p>	<p>COOK A MEAL WITHOUT USING A RECIPE</p>	<p>COMPLETE AN 'AT HOME WORKOUT' FOR 30 MINUTES</p>
<p>WARDROBE CLEANOUT - DONATE A BAG OF CLOTHES TO CHARITY</p>	<p>ENJOY A HOT DRINK</p>	<p>HUG A PET</p>	<p>MAKE A LIST OF 5 POSITIVE FUTURE PLANS</p>	<p>DO SOME GARDENING</p>