

SCREEN FREE

BINGO



learn a new skill	read a book	have a "phone free" meal	go for a walk	make a snack
play a board game	watch a sunset	bake some cookies	move in a way that feels good	sleep in
stretch	make art	FREE SPACE	head to bed early	complete an act of kindness
compliment someone	declutter your closet	take some deep breaths	listen to music	go through old photo albums
journal	spend time in nature / outside	sit in the sunlight	try something new	watch the clouds

