

ToDo

SOCIAL DISTANCING BINGO

By Niki Kottmann | Wyoming Tribune Eagle

We know you're struggling right now. We all are. So why not focus on the positives? Pin this bingo game to the fridge and see how many nice things you can do for others and yourself.

Offer to pick up and deliver groceries for an elderly neighbor

Donate items to a food pantry

Tip your food delivery worker extra

Write a letter to someone who could use a smile

Donate blood if you're able to

Download (and try) a yoga or meditation app

Purchase something online from a local business

Call a friend or family member you haven't seen in a while

Sew masks (or deliver pre-made) for essential workers

Take up a new hobby (birdwatching, anyone?)

Enjoy a stroll in your local park

Purchase an original piece from a local artist

FREE SPACE

Start a garden to grow your own vegetables

Check in on a loved one who lives alone

Subscribe to a publication you want to support

Drink eight 8-ounce glasses of water per day

Donate a Wi-Fi compatible device to a student in need

Tell a grocery store employee they're appreciated

Start a book swap with friends

Send an encouraging message to a teacher

Donate to a local charity

Pay for the person behind you at a drive-thru

Watch a new TV series that makes you laugh

Try a free workout class on YouTube, Facebook, etc.

