


# Digital detox BINGO



Read a Book	Exercise	Journal	Cook a New Recipe	Meditate
Spend Time in Nature	Draw or Paint	Listen to Music	Play a Board Game	Organize Your Space
Learn a New Skill	Volunteer		Practice Yoga	Gardening
Write Letters	Visit a Museum	Do a Puzzle	Attend a Class	Go to a Farmer's Market
Take a Day Trip	Practice Self-Care	Disconnect at Meal Times	Socialize in Person	Explore a Hobby