



CMS Family Wellness Bingo

Practicing Kindness and Self-Care During Social Distancing

<p>Send a card to a patient who is quarantined at one of the local nursing homes. Begin your message with “Dear Someone Special” and offer words of encouragement.</p>	<p>Positive Affirmations: Develop a “can do” statement or a statement about something that makes you feel grateful. Repeat this phrase three times throughout the day.</p>	<p>Write a letter to a family member or teacher that has inspired you. Mail or email this letter, or deliver it in person when this is all over...because this will be all over soon.</p>	<p>Bake something with your family today.</p>	<p>Create your own indoor scavenger hunt to locate items around your house. Note: There are tons of ideas and printables for indoor scavenger hunts on the web.</p>
<p>Hero List: The news can be a little overwhelming these days, but it helps to focus on the positives. Create a list of community heroes you believe are helping out during the pandemic.</p>	<p>Do something special for one person in your house today without being asked.</p>	<p>Visit http://destiny.pcs.k12.va.us and select Chatham Middle School to visit our school library website. Listen to a podcast, explore a new audio book, or take a Virtual Field Trip.</p>	<p>Drink water from a fancy glass.</p>	<p>Warm up by jogging in place or walking briskly. Then do some stretching exercises. Do this twice today.</p>
<p>Work on an outdoor gardening, or building project together.</p>	<p>Invent a new game. Try it out with someone else.</p>	<p>Free Space</p>	<p>Open all of the blinds/curtains/shades in your house today.</p>	<p>Practice your manners throughout the day by using phrases such as, “Thank you,” “Please,” “May I...”, “I appreciate that,” etc.</p>
<p>Spend 15 minutes outside in the sunshine.</p>	<p>Start a diary to record your thoughts, feelings, and daily events during social distancing. Encourage family members to do the same.</p>	<p>Paint a kindness rock with inspiring words and bright colors to beautify your neighborhood.</p>	<p>Do or say something that makes someone else in your household smile or laugh.</p>	<p>Have a dance party in your kitchen!</p>
<p>Get 8 hours of sleep tonight.</p>	<p>Enjoy a movie marathon with your family.</p>	<p>Leave a teddy bear in your window for others to find during an outdoor scavenger hunt.</p>	<p>Play a board game or a card game, and invite everyone in your house to join in the fun.</p>	<p>Spend 20 minutes (or more) reading a book or magazine of your choice.</p>