

# Social Distancing & Wellness Bingo

Over the month of May check off as many boxes as you can. Email your finished bingo card before June 1 to [socialinthecity@penticton.ca](mailto:socialinthecity@penticton.ca) to be entered to win a prize. You will receive an entry for every completed line. Bonus entries if you share a photo of yourself completing an activity and tag @recreationpenticton

DO 10 SQUATS	GOT DRESSED	GO FOR A WALK AROUND YOUR NEIGHBORHOOD	STRETCH FOR 10 MINS BEFORE BED	DO 10 JUMPING JACKS
EXERCISED	MEDITATED	DO 30 MINS OF MODERATE ACTIVITY	ORGANIZE A CLOSET	FOLLOW RECREATION PENTICTON ON INSTRGRAM
TOOK A BREAK	DRANK WATER	<i>Free</i>	DO AN AT HOME WORK OUT (VISIT <a href="http://PENTICTON.CA/COVID19REC">PENTICTON.CA/COVID19REC</a> FOR IDEAS)	LISTEN TO MUSIC
COOK A MEAL FROM SCRATCH	WRITE DOWN YOUR THOUGHTS	WRITE DOWN 5 THINGS YOU ARE GRATEFUL FOR	READ FOR 30 MINS	DO 10 PUSH UPS
REACH OUT TO A FRIEND TO CHECK IN ON THEM	SOCIAL DISTANCING WELLNESS BINGO	DRINK A GLASS OF WATER	TRY ONE NEW ACTIVITY	TAKE 5 DEEP BREATHESES