

#picturelent

BINGO 2023

Go for a quiet walk in nature	Spend one minute smiling	Eat foods that feel nurturing to you today	List three things you're grateful for	Take a nap
Dance party!	Explore a park (either outside or online)	Write a letter to yourself	Look through your photos of the last year and remember what made you smile	Check in with your body - how do you feel?
With their permission, give a big bear hug to someone you love	Choose one of your chores and go very slowly, noticing with all your senses	FREE SPACE	Listen to nature sounds (either outside or on YouTube)	Sing a song at the top of your lungs
Screen-free day!	Close your eyes and imagine a peaceful place	Spend one minute laughing	Take the time to appreciate the sunrise and sunset.	Try a new prayer practice - you choose!
Wear clothes that feel comfortable to you today	Light a candle and watch it flicker for two minutes.	Be kind to yourself!	Spend one minute breathing deeply	List three good things that happened this week