



## Christma Activity



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## 4th of J Activi Book



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## Valent DIY

>Create Your Own Valentine's

### How To:

Simply print and decor  
Get creative. Try markers, glitter, ribbon  
is the limit!

### Helpful Hint:

*Print on a thicker paper to try out even more ideas!*



## Activity Book

It's Fall Y'all!



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## Bringing a Bit of Fun to Difficult Times

To help relieve the loneliness and boredom that the pandemic's quarantine restrictions have brought to the residents in our customer facilities, our marketing/customer service teams created and distributed activity books filled with puzzles and pages to color as well as games such as "Wellness Bingo" and "Meet Your Neighbor Bingo." Pens and colored pencils were included as were personal notes with words of encouragement.

### Wellness Bingo

Try to fill up all 25 squares in one week!

Complete a crossword puzzle	Read something for 20 minutes	Eat a vegetable	Write a letter to a friend or family member	Identify one type of bird you see out of your window
Write an original joke or one-liner	Walk in place for 2-4 minutes, seated or standing	Thank a staff member	Listen to music	Sit quietly and reflect for 5 minutes
Wash your hands for 30 seconds	Drink 4-6 glasses of water every day for 5 days	FREE SPACE	Paint or draw a picture	Learn "hello" and "thank you" in another language
Practice deep breathing for 1 minute for 5 days	Sing 1 verse of a song to another person	Give 5 "air" high-fives to 5 different people	Eat a piece of fruit	Laugh at a friend's joke
Complete a word search	Make an acronym with your first name	Eat a healthy snack	Share your favorite childhood memory with someone	Do 5 seated chair jumping jacks with a staff member



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### Meet Your Neighbor Bingo

Try to fill up all 25 squares in one week!

Is left-handed	Loves horses or dolphins	Doesn't like soda	Has ever made a New Year's Resolution and kept it	Loves to sleep-in
Is a night owl	Has ever been on a cruise	Loves to read mysteries	Wears glasses	Plays a musical instrument
Has ever played a "prank" on someone else	Can speak 2 or more languages	FREE SPACE	Has ever been to a professional sporting event	Has ever been in a parade
Is the oldest or only child	Knows every word of the "Star Spangled Banner"	Knows how to knit	Has ever served in the military	Has grandchildren
Has great-grandchildren	Loves to bake	Has ever won a poker game	Has ever taken an overnight train	Has ever been scuba diving



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