

breathe, rest, recharge

Wellness Bingo

Carver Memorial Library

talk to a plant	take an online class, watch a TED talk or documentary	reread a book you love	write a story or poem	ask someone you know to recommend a book/movie for you
take time outside	make a blanket cocoon to read in	read a poem	compliment or do something nice for someone	watch a favorite movie
read in bed	recommend a book to someone you know	<i>Choose your own</i>	virtual museum/zoo/aquarium visit or documentary	learn something new - check out online library resources for ideas
send a letter to a friend	read a short story	try a new recipe	exercise! go for a walk... dance...do something you love.	read an audiobook
listen to a podcast or radio show	draw, make art, do a craft project	stargaze, watch clouds, a sunrise, or a sunset	ask for help if you're feeling down	read aloud to someone or a pet... or a plant!

Wellness Bingo

This winter, try some book lover's self-care with our winter wellness bingo!

On your first completed bingo row, you can pick something from our wellness prize box. There are chocolates, mugs, books, and more!

For every bingo row completed (up to five), you can enter the drawing for a self-care basket, filled with cozy, comforting goodies to help you through the winter.

Wellness Bingo runs through the end of February. The drawing will be on Monday, March 1.

