

Carver Memorial Library

Wellness Bingo

make art or do a craft project	read something inspiring	take time for rest	help someone	try the Kill A Watt electricity monitor
compliment or do something nice for someone	spend time outside	listen to an audiobook, podcast, or radio show	commune with a plant	learn something new
organize or tidy up	try a new recipe or ingredient	<i>Choose your own</i>	ask for help if you're feeling down	read aloud to someone or a pet... or a plant!
laugh! read something funny	send a nice note to someone	read a "green" book	Exercise! go for a walk, dance, move your body	remind yourself you are enough
enjoy music-- making or listening!	visit a park or nature preserve	play a game or do a puzzle	read poetry	Ask someone about their favorite books

For every completed bingo row, you can pick something from our wellness prizes, and enter the drawing for a gift basket!

Wellness Bingo

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

Each time you complete a line of bingo, you can pick something from our prize box!

For every bingo line completed, you can enter the drawing for a wellness 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 Tuesday, March 1.

