

## Flex Day Bingo

<b>Recreation</b>	<b>Jobs</b>	<b>Independent Living</b>	<b>Self Care</b>	<b>Service</b>
Find a fitness video and do it	Think of 3 places you would like a summer job	Clean and vacuum your room	Take a shower	Shovel snow at your house or a neighbors
10 minutes of continuous movement	Name 3 people you could use as a reference and ask them if its ok	Do the dishes	Trim your nails	Give someone a compliment
Play a card or a board game	Identify 3 strengths you would have as an employee	Bake or cook a dish of your choice	Meditate or find a video to help you meditate	Write a thank you note or email to someone who has done something nice for you
Read a book, magazine, newspaper for 20 minutes	Look up INDEED.com and find 3 jobs in your community.	Do a load of laundry	Identify 3 things that will calm you when you are anxious	Do something nice for your parent, guardian, sibling
Do a craft, color, draw, sketch for 20 minutes.	Go to your closet and create an interview outfit.	Plan a meal and create a grocery list	Find an article about nutrition, exercise or stress relief	Find a place you would like to volunteer.