

DETOX BINGO LIST:

- o *Create a playlist*
- o *Upcycle some clothing*
- o *write a song/poem*
- o *make a healthy snack*
- o *call a friend*
- o *go for a walk*
- o *go for a bike ride*
- o *read a book*
- o *journal*
- o *make a den*
- o *random act of kindness*
- o *sign a petition for something you care about*
- o *meditate for 10 mins*
- o *play a board game*
- o *build the tallest tower you can out of things in your home*
- o *try a new hair style*
- o *write a thankyou card for someone who would expect it*
- o *make a bucket list*
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- o *successfully pull off a friendly prank*
- o *learn a new recipe*
- o *deep clean your room*
- o *learn a new skill eg. skateboarding*
- o *create some art*
- o *clean your trainers*
- o *do some gardening*
- o *clean a car*
- o *do some yoga*
- o *make a flipbook animation*
- o *football challenge- 50 kickups in a row without dropping it*
- o *write a quiz for people in your house and host a quiz night*
- o *write a letter*
- o *bake a cake*
- o *play an instrument*
- o *make an obstacle course for your family to take part in*