

Delarc Lock-Down Bingo!

B	I	N	G	O
FaceTime Delarc fam. for fun! Just check in, say "Hi!"	Eat a Salad	Go for a Walk	Use the NADSP tool kit for DSPs . Watch a video or read a free fact sheet.	Have a Zoom get together with friends.
Allow yourself those negative emotions and scream them out into a pillow or in a wide-open field. 10 min. and be done with it.	Watch "How to Manage Tasks and Lead People"	Make a Gift for a Friend	Bake Cookies.	Have a good cry.
Give yourself a deep conditioning hair treatment. Google at home hair treatments if you don't have a hair masque.	Work out a goal on the sidewalk with chalk; math, art, fitness, chore list, whatever! 6' to those passing by!	FREE SPACE	Sign up for Free 21 day meditation . Hurry, it started 3/23.	Activate your lymphatic system with dry brushing .
Meditate with Mitzi :)	Clean your window sills and blinds.	Send a card to a friend just to tell them how much they mean to you.	Take a Nap	Create Some Art
Record 3 great things about today.	Take a bath. Don't have a tub? Take a shower and spend a minimum of 3 min. just standing in the water.	Reach out to a senior citizen by phone. Check in, say hi, ask if they have a need.	Clean out a Junk Drawer	Watch "How to Be a Leader" . Simon Sinek.