

SELF CARE BINGO

for teens & tweens!



The APL staff misses the library's teen & tween patrons! We want to make sure you are taking care of yourselves during these tough times. Set a goal to get BINGO everyday...and more!

Call/text/reach out to a friend	Check out an e-cookbook and try a recipe (Look for books on the Libby App!)	Reread a book you love	Give someone a compliment	Ask someone you know to recommend a book/movie/musical artist to you
Read to your pet ... or to a plant!	Watch your favorite movie!	Take a shower	Drink enough water	Sit outside
Take a nap	Recommend a book to someone you know	<p>Sign up for an e-card</p> <p>★</p> <p>If you already have a library card this is a FREE SPACE!</p>	Sing out loud!	Learn something new! (Check out the library's databases if you need inspiration)
Start a journal (on paper or online)	Take a deep breath.	Share this BINGO with someone you know	Exercise! Go for a walk.. Dance.. Do something you love.	Listen to an album all the way through...no skipping songs!
Check out and listen to an audiobook.. the Libby app has tons!	Get dressed!	SMILE!	Ask for help if your feeling down.	Read aloud to someone you know