

Stay At Home For A While

B H J Q Y P R A C T I C E M I N D F U L N E S S
J E V Y R T D H M O S W M A R O P D R P V R L A
C W K S P R I A V H Z U R G U S I Z W B W J P T
D A F I X G N V T P I U L O M S J K E Y J X Q R
U T L N N E V U I Y V D H O U E L T E Y Q D F C
U C Q Q U D N X H T J I E S Q O H T D S X L D N
C H O Z I V T F U A A N H K V O J Z R E D L M E
J C F L B A Y O Z C J E T I U X U V M I N D T C
D A H X T T U W D O K K R G C B K A Y O T E A N
T T C E P T V I Y A O B H C K F G C U L T E K R
W V Y Y V C S F Y O Y T Q Q S A A R Y E A C E E
B I S K P T R N B C F Q V F Y S I G T S C C A G
U D Y L K E R A I U E F W A G S E F G Y T U N N
Z E Y J S F D E L W T N L M H D Z R Q U Z S A O
M O Q H Y A K T A J D P K Y Z D L X P A S S P L
Z S A P E K O G K T B K O S N K Q T A X E R O D
D I O R N D G V L H Y U I H R O S Z J C E E R E
R D J N A O U C C B S O I M W G S Q E E G H T B
Y L E Y O A L Z A E D C U R Q V Y M R L W T W N
Y K H B A W T S L D X N U R Y D J Z Q D M O O I
P X E Z D W B F V H Y W D S S Y M L M Z F P K T
L H W J B I N G E W A T C H N E T F L I X L V S
M U K P Y A Z N R A K O Q E J D L T Q G G E T E
A T E S O L C R U O Y Y D I T P W F V U P H B R

Practice Mindfulness
Help Others Succeed
Take A Nap Or Two
Enjoy Fresh Air
Be Kind Today

Be Thoughtful Today
Express Creativity
Tidy Your Closet
Nourish Yourself
Play A Game

Binge Watch Netflix
Rest In Bed Longer
Watch Cat Videos
Treat Yourself
Read A Book