

# Social Distancing

## Selfie Bingo Challenge!



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



<p><b>Movie night selfie</b></p> <p><a href="#">Free Streaming Sites</a></p> 	<p><b>Finished fort selfie</b></p> <p>* It's easy to make your own cozy, private space!</p> <p><a href="#">Ways to build a fort</a></p>	<p><b>Dancing selfie</b></p> 	<p><b>Wearing comfy clothes selfie</b></p> 	<p><b>Bubble blowing selfie</b></p>  <p><a href="#">How to make your own bubbles</a></p>
<p><b>Game playing selfie</b></p> <p>* There are many free online versions of popular board and card games, on sites like <a href="#">poki.com</a></p>	<p><b>Stretching/Yoga pose selfie</b></p> <p>* Yoga is more than the poses. It helps to calm the mind and strengthen the body.</p> <p><a href="#">Cosmic Kids Yoga</a></p>	<p><b>Taking a walk selfie</b></p> <p>* It's still important to get time outside. Just be sure to be safe and practice social distancing!</p>	<p><b>Reading a book selfie</b></p> <p><a href="#">Enoch Pratt Free Library</a></p> <p><a href="#">children's books read out loud on YouTube</a></p>	<p><b>Exercise selfie</b></p> <p><a href="#">GoNoodle</a></p> <p>* Exercise can help boost energy, release tension, improve mood and focus!</p>
<p><b>Taking a nap/rest selfie</b></p> 	<p><b>Journal writing selfie</b></p> <p>* You don't have to just write! Use your phone's memo, post to an online blog, or use a journaling app.</p>	<p><b>Whatever makes you happy selfie!</b></p> 	<p><b>Calm Breathing selfie</b></p> <p><a href="#">GoNoodle fun Breathing Activities</a></p> <p><a href="#">deep breathing exercises for kids</a></p>	<p><b>Arts &amp; crafts selfie</b></p> <p><a href="#">Free coloring pages</a></p> <p>* You can also look up easy craft ideas on YouTube</p>
<p><b>Cleaning/organizing selfie</b></p> <p>* A clean, organized space can improve your mood and motivate you to get things done!</p>	<p><b>Family dinner selfie</b></p> <p><a href="#">Fun and Easy Family Dinner Recipes</a></p>	<p><b>Selfie with your pet</b></p> 	<p><b>Family cooking/baking selfie</b></p> <p><a href="#">Easy Family Baking Recipes</a></p>	<p><b>Video chatting selfie</b></p> 
<p><b>Hugging someone selfie</b></p> 	<p><b>Meditation selfie</b></p> <p>* Take a few minutes to relax and clear your mind.</p> <p><a href="#">Headspace on YouTube</a></p>	<p><b>Doing a puzzle selfie</b></p> <p>Jigsaw puzzles: <a href="#">for families</a> <a href="#">for kids</a></p> <p>* Also try other puzzles, like sudoku, crosswords and tetris.</p>	<p><b>Listening to music selfie</b></p> 	<p><b>Singing selfie</b></p> <p>* Try searching for the karaoke version of songs you enjoy on YouTube!</p>

Post selfies on your social media accounts!