

Healthy YOU Bingo Challenge



WEEK 3: COMMUNITY CONNECTION

Name: _____

Mark each box you complete with a check!



FaceTime or video chat with a friend	Write someone a letter or a card	Check in with someone who lives alone	Deliver an elderly friend or family member groceries	Check in with someone who suffers with depression
Create a virtual book club (discuss with friends!)	Write a thank you letter to your mail carrier	Tune in to a live concert	Tell someone that works in healthcare that you appreciate them	Have a social media free day
Thank an employee at the grocery store	Share something you are grateful for on social media	FREE Or any activity you want to write in!	Host a virtual dinner party	Send a friend a podcast or book suggestion
Host a virtual game night	Join a foreign language-learning group online	Participate in an online live lecture (ask the lecturer a question!)	check in with an elderly neighbor or relative	Tell a coworker that they are doing a great job and why
Share a picture of your friends or family on social media	Share a tool or tip on social media that you have used while socially isolating	Say hello or wave to a stranger	Participate in a virtual exercise class in your community	Post on social media about something positive you have seen in your community

See how many times you can get Bingo (5 in a row), and at the end of the week email your completed bingo card to heal@portlandmaine.gov by Sunday night (5/24). For each bingo card you complete, your name will be entered into a drawing for a prize at the end of the 4 week challenge.