

UCM SPRING BREAK BINGO

Smile at everyone you meet today.	Spend 5 minutes being quiet without reading or looking at a screen.	Write or draw a picture of one thing that makes you feel peaceful.	Look for an object from nature that you think is special. Write a poem about it.	List all the signs of Spring you can find in one day.
Take a walk in your neighborhood and pick up trash.	Find five things that you can give away or recycle.	Read a story to someone or ask them to read a story to you.	Write a Thank You note to someone who is not expecting it.	Make a poster for peace
Play a game with your sister or brother.	Make your bed and pick up your room... even under the bed.	FREE	Learn about a famous Unitarian Universalist.	Use pictures of magazines to create a collage of the 7 Principles.
Read to yourself for 15 minutes.	Make a list of all the "gratefuls" in your life.	Spend 20 minutes outside.	Write a story about the Earth our home.	Spend one whole day without arguing or being disagreeable.
Draw, paint, color, or use something else to create a picture of a rainbow.	Help someone in your family without being asked.	Take a nap.	Make a chalice.	Tell a joke, sing a song, find a way to make someone laugh.