

At home with  **KCTS9**



BINGO

Wash your
hands

Look out
the window
to see an
animal

Sing a
song

Wave
hello!

Enjoy a
warm
beverage

Watch
KCTS 9

Take a
deep
breath

Watch a
favorite
movie

Stretch

Look
at old
photos

Call a
friend

Have
dessert!

 Free Space

Wear
something
special

Journal

Read a
book

Smile

Read or
write a
poem

Learn
something
new!

Go on a walk
in your
neighborhood

Share a
memory

Think about
your favorite
vacation

Write a
note

Relax

Finish a
chore

