TIMBER & TREND

Winter Evenings Bingo

24 cozy screen-free ideas and a free square. Mark five in a row, or just pick one tonight.

DIGITAL SUNSET · FILL IN ONCE

1. Sunset time: _____
2. Phone dock: _____
3. Timer (not phone)
4. Pick 1 bingo square
5. 30+ min quiet before bed

BINGO · FIVE IN A ROW (OR ONE GOOD SQUARE)

☐ Read a paper book	☐ Jigsaw puzzle	☐ Mend one small thing	☐ Sketch 10 minutes	☐ Cards or board game
☐ Write a postcard	☐ Practice 3 chords	☐ Hands project (kit)	☐ Sort mail 10 min	☐ Tomorrow's 3 tasks
☐ Thank-you note	☐ Clip 1 recipe	**FREE YOUR PICK**	☐ Use-it-up prep	☐ Bake something simple
☐ Tea, no phone	☐ Portion leftovers	☐ Wipe one zone	☐ Wrap from stash	☐ Fold warm laundry
☐ 10-min drawer reset	☐ Entryway reset	☐ Fresh sheets + book	☐ One warm lamp	☐ Voice call a friend

CDC tip: turn off electronic devices at least 30 minutes before bedtime.