



BE A F·R·I·E·N·D BINGO



Share something that makes you laugh	Do something kind	Make a future plan with a friend	Call or text a friend and ask them random questions to learn more about them	Ask someone older than you about a childhood friend
Write a letter to a friend and mail it to them	Watch a live virtual exhibit of a zoo or aquarium - share your favorite with someone	Be a good friend to yourself - Only say and think positive things about yourself today	Tell a friend what you admire about them	Be friendly by sharing a smile with everyone you see today
Talk to someone about what a healthy friendship looks like	Reach out to a friend you haven't talked to in awhile	 FREE	Make a list of friends you cherish - even if it's just 1 or 2	Have a virtual game night with a friend
Plan to watch the sunset on the same night as a friend. Send photos to each other from your perspective of it	Be a good friend by not gossiping about anyone today	Create a list of qualities it takes to be a good friend	Share a story about a childhood friend	Check up on a friend who may be lonely
Share a talent you have	Look at pictures of friends - maybe get an old yearbook out!	Go to BeThe1To.com Learn simple steps on how you can help someone who is struggling	Be real - open up with someone you trust about your feelings	Write down traits you have that make you a good friend

To enter to win gift cards to local businesses follow the instructions on our Facebook or Instagram Accounts. You can find us at Weber-Morgan Health Department. OR email your entry to lmcfarland@co.weber.ut.us by May 4, 2020 at 8:00 am.

*Only residents of Weber and Morgan Counties eligible for prizes. Weber County employees are not eligible for prizes.