

# MASH Hygge Cosy Night In Edition

Create your perfect cosy night in with this special edition of MASH! Use the blank sheet to add your own favourite ideas and discover your ultimate hygge evening full of comfort, fun, and relaxation.

## How to play:

1. One player closes their eyes.
2. Another player makes tally marks until the other person says 'STOP'.
3. Count the tally marks to get your number.
4. Go through all choices, counting up to that number.
5. Cross off the choice you land on.
6. Keep going until one choice is left in each category.

Draw your tally here:

## Movie:

Frozen

Encanto

Paddington

The Gruffalo

## Food:

Macaroni Cheese

Soup and Bread

Pie, Mash and Gravy

Pizza

## Drink:

Hot Chocolate

Herbal Tea

Warm Milk

Milkshake

## Activity:

Build a Blanket Fort

Complete a Puzzle

Play a Board Game

Bake Cookies

## Sweet Treat:

Cinnamon Rolls

Cookies

Brownies

Chocolate Fondue

## Self Care:

Face Mask

Yoga

Bubble Bath

Mindful Breathing

## Companion:

Your Teddy

A Pet

Your Best Friend

A Family Member

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Draw your tally here:

## Movie:

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## Food:

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## Drink:

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## Activity:

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## Sweet Treat:

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## Self Care:

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## Companion:

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