

# Wellness Bingo

**Dates (June 1 – June 25)**

Get five squares in a row (diagonal, horizontal, or vertical) to complete a bingo. One bingo gets you 1 entry into a drawing for the prize. Get a “blackout” (all 25 squares) bingo to earn 5 entries. Max of 5 entries

Try a new healthy recipe and share it with someone	Spend 30 minutes outside	Try meditation or practice a stress relief technique	Send a thank you note or email to a friend, family member, or colleague	Give up sugar for 1 day
Read a book or magazine for fun	Sit quietly and watch a sunset or sunrise	Listen to an educational podcast/book	Take a hike (Garden of the Gods offers beautiful hiking)	Share a positive social media post
Go for a walk or bike ride daily for a week	Eat 5 servings of fruit & veggies in 1 day	<b>Do something that makes you happy</b>	Drink half your body weight in ounces of water daily for a week	Create a budget to help understand your finances
Sit down and listen to three of your favorite songs	Try a new physical activity or exercise for 1 week	Forgive someone (for something little or something big)	Keep a gratitude journal for 1 week	Create something (draw, paint, sculpt, bake, write a poem or song)
Take a 10 minute stretch break	Visit a zoo, a museum, or a park or see a concert or play	Reflect on your accomplishments	Explore topics of wellness and stress reduction (web, books, TV)	Complete a random act of kindness

Printed/Typed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Contact Number or email: \_\_\_\_\_