

# Wellness Day Bingo!

Try to cross out as many boxes as you can to get bingo!

Put your phone away for 6 hours	Solo Nature Experience	Explore a new hobby	Write a letter	Cook something
Reconnect with an old friend	Read <b>(for fun!)</b>	Meditation or Prayer	Go to a garden or park	Reflect on goals
Physical activity	Journal	<b>FREE</b>	Visit a body of water	Discover something <b>new</b> in your community
Sleep in	Call someone you love	Take 10 mindful minutes in nature	Have a socially distanced hangout	Listen to a Podcast
Create art in some manner	Eat outside	Spend 12 hours off all screens	Stretch or Yoga	Have your own spa day