

Wellness Bingo

B	I	N	G	O
Have a cup of tea without watching any screens	Pay a kindness forward today	Visit a park and listen for sounds of nature		Make a mental list of people you care about
	Do a few sun salutations or full body stretches	Name a quality or tactic that has gotten you through a rough patch	Try a short guided meditation	Name something you're proud of having accomplished
Tell someone what you appreciate about them	Name a good thing that happened to you this week	Free Space cause you're already enough exactly as you are	Take social media off your phone for a day	
Watch a comedy	Meet a friend for a walk	Let go of a regret	List 3 things you're grateful for	Eat an orange mindfully, noting the colour, texture
Box breathing (4 seconds each of inhale, hold, exhale, hold) x 4 times		Express one of your inner qualities or virtues today	Smile to yourself	Sing along to your favourite song

