

# Wellness BINGO

Print out the BINGO card below. Try to fill in as many wellness tools as you can. Color in the squares as you accomplish each task. Make it a family event!

Choose a calming or alerting activity from the activity toolbox.	<b>Recycle Bin Maker Space-</b> Use what you've got in the house to make something. Try and try again.	<b>Set a timer and do 30 seconds of animal walks followed by 10 seconds of rest. Repeat and repeat again.</b>	<b>Try a new healthy recipe. Kids can help cook too!</b>	<b>Mindset matters- Think of something you did that was HARD. What mistake did you make that taught you something?</b>
<b>Keep a feelings journal- Write down all of your feelings for 3 days.</b>	<b>Family Yoga! Try three yoga poses.</b>	<b>Go for a walk after dinner.</b>	<b>Give it a try! Try a new sport, game, hobby, or activity.</b>	<b>Screen Vacation! Take a 24 hour break from screens.</b>
<b>Declutter and donate! Donate items that someone else can use.</b>	<b>Eliminate an unhealthy food or drink from your diet this week.</b>	<b>Challenge accepted</b>	<b>Draw, journal, or color to calming music.</b>	<b>Make a goal for each member of the family to accomplish next week.</b>
<b>Make a craft, art, or tinker project. Use your imagination!</b>	<b>Drink an extra glass of water in the morning and afternoon.</b>	<b>Reset Button! Create a list of ways to help you "reset" when feelings are too big.</b>	<b>Try a new playground, park, or hiking trail.</b>	<b>Call someone you love.</b>
<b>Gratitude List- Write or draw a list of everything you are thankful for.</b>	<b>Journal- Write all of the best things about YOU. Interests, hobbies, talents...</b>	<b>Deep breathing- Breathe in through the nose and out through the mouth.</b>	<b>Choose a new hobby and write down what you want to learn about it. What steps do you need to begin?</b>	<b>Draw a picture or write the things that make you happy.</b>

"Sometimes self care looks like fitness and exercise. Sometimes wellness looks like a morning sunrise. Sometimes wellbeing looks like a hot cup of tea. Sometimes it's productive activity and sometimes it's a nap. No matter what it looks like, self care is an act of love."