

# Wellness Bingo

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Write down five things for which you are grateful.	Cook or bake a simple recipe <b>with parent permission!</b>	Take a picture of something related to nature.	Play a board game with someone.	Write down at least three goals of things you would like to accomplish over the next month.
Practice taking five deep, mindful breaths.	Read an article or book that is not for a school assignment.	Write your own acrostic poem using your own name (or your pet's name!).	Draw a picture of your favorite (choose <b>one</b> ): <ul style="list-style-type: none"> <li>- Animal</li> <li>- Place</li> <li>- Hobby</li> </ul>	Help a family member out around the house.
Make a fort (and clean it up when you're done!).	Build a snowman out of clay, playdoh, or putty.	<b>FREE SPACE</b>	Learn to say "thank you" in five different languages.	Wear two different socks today.
Watch a movie with your family.	Do a random act of kindness.	Email a teacher thanking them for something specific that you like about them or their class.	Exercise for 15 minutes.	Write down five positive words to describe yourself.
Write down the best part about your day.	List five ways you can cope with stressful situations.	Do something that you have never done before with a parent and/or sibling.	Draw an original picture to brighten someone's day.	Take a picture with your pet or a family member.