

B	I	N	G	O
Try a new healthy recipe	10 jumping jacks 10 squats 10 burpees	Do physical activity of your choice	Pat your head and rub your tummy at same time	Find 10 things that starts with the letter of your name
Complete any 5 exercises from fitness chart	Share what you feel right now to someone	Leave a kind note somewhere for someone to find	Buy a food for homeless person	No stimulant cycle stop sugar salt & alcohol
Put on some music and dance for 5mins	Try walking backwards for an hour	FREE	Call a friend or family member to check in	Draw or color a picture
Dress up and look at yourself in mirror	Play a game you used to like when you were small	Drink 8 glasses of water	Don't use any technology for consecutive hours	Find an object that you feel represents kindness
Donate something you don't use	Clean up your room before bed	Make 5 different animal sounds	Write a letter to your friend or family member	Do a meditation for 5mins

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