

B	I	N	G	O
Try a new healthy recipe	10 jumping jacks 10 squats 10 burpees	Do physical activity of your choice	Play a game you used to like when you were small	Find 10 things that starts with the letter of your name
Complete any 5 exercises from fitness chart	Stop the stimulant cycle no sugar salt & alcohol	Leave a kind note somewhere for someone to find	Buy a food for homeless person	Pat your head and rub your tummy at same time
Share what you feel right now to someone	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	Put on some music and dance for 5mins	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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