

# Family Wellness Bingo

With your family, complete as many of the activities as possible and “X” them off. Once you get 5 in a row, vertically, horizontally, or diagonally, you’ve got bingo!

Went on a 30 minute walk after dinner	Made a healthy meal with a family member	Did one act of kindness for a stranger	Played outside for 15 minutes	Went to bed at a reasonable time, ensuring I got around 10 hours of sleep
Volunteered	Made a mindfulness jar	Called my grandparent or other family member and talked with them	Did not bring any electronics to bed	Had 10 minutes of downtime after school or work
Did something creative like drawing, painting, writing, etc.	Did one act of kindness for a friend or family member	<b>Free Space</b>	Turned off electronics at least 30 minutes before bed time	Did yoga for 15 minutes
Read a book	Practiced mindful eating	Connected with a family member that I don't see often	Gave a compliment to someone	Played a card game
Hung out with a friend	Talked with an adult about what causes you stress	Wrote down an individual mental or emotional health goal to work towards	Included someone new at lunch or recess	Showed compassion to someone