

Family Wellness Bingo

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	Made a healthy meal with a family member	Tried meditation for at least 5 minutes	Played outside for 15 minutes	Went to bed at a reasonable time, ensuring I got around 10 hours at night
Volunteered	Had a dance party	Called my Grandma/Grandpa or other family member and talked with them	Did not bring any electronics to bed	Had 10 minutes of downtime after school/work
Did something creative: drawing, painting, writing etc.	Talked about my feelings with a family member	Free Space	Agreed to not use electronics 30-60 minutes before bed time	Did yoga for 15 minutes
Read a book	Woke up at about the same time every day of the week	Connected with a family member that I don’t see regularly	Gave a compliment to someone	Played a board game
Hung out with a friend	Limited screen time to 2 hours or less per day	Wrote down an individual mental or emotional health goal to work towards	Ate at least one meal per day together as a family	Wrote down 3 things I am thankful, or grateful, for

