

FoE Well-being Bingo

April - Welcome Spring

Created For:

School of Architecture, Conrad School of
Entrepreneurship and Waterloo Engineering



B I N G O

Take a walk in the rain	Celebrate your accomplishments	Explore a park in your area	Listen to the birds singing	Declutter your closet
Take a 30 second pause	Check out a farmer's market for fresh produce	Get a good night's sleep	Decorate eggs	Open a window to let in the fresh air
Open all the blinds in your house for sunshine	Wear something pink (April 8)	FREE	Take a bike ride	Have a meal outside
Attend a FoE or UWaterloo Event	Celebrate Earth Day (April 22)	Jump in puddles	Reflect on how you've grown, and where you would like to grow	Watch/listen to the rain
Tell someone a joke or funny story	Read something for pleasure	Watch the sunrise or sunset	Do an outdoor activity	Cook with seasonal vegetables and fruits