

FoE Well-being Bingo

December

Winding Down After A Busy Year

Created For:

School of Architecture, Conrad School of
Entrepreneurship, Waterloo Engineering



B I N G O

Buy/make a new set of mitts/gloves	Do a puzzle or word search	Have a caffeine-free day	5 minutes of quiet reflection	Write your top 3 goals
Belly laugh	List 3 successes	Take a power nap	Watch a TED Talk	Attend a social event
Recycle or repurpose something	Meditate for 5 minutes	FREE	Take a day off and rest	Read for pleasure
Turn off screens 1 hour before bed	Try a new workout	Watch a sunrise/sunset	Decorate	Bake something delicious
Light candles with dinner	Watch an uplifting movie	Treat yourself	Learn a new skill over the break	Attend a FoE or university event