

FoE Well-being Bingo

February - Recharge and Destress

Created For:

School of Architecture, Conrad School of
Entrepreneurship and Waterloo Engineering



B I N G O

Read something non-academic for 10 minutes	Journal about something that's been on your mind	Go out and make a snowman	Enjoy a cup of something warm to drink	Do a gentle stretch
Do a new hobby or activity you've been meaning to try	Have a slow morning	Create a playlist that lifts your spirit	Reach out to a loved one	Eat an extra fruit or veg
Get cozy in a blanket	Do a good deed (Ramadan)	FREE	Celebrate academic wins, no matter how big or small	Take a 'no guilt' rest day
Attend a FoE or UWaterloo Event	Light a candle with a scent that you like	Tidy one area of your space	Try a new snack	Watch fireworks (Lunar New Year)
Watch a new movie with friends	Write down 3 things you're proud of accomplishing	Eat pancakes (Mardi Gras)	Make a list of things you're excited for	Get outside (even if it's only for 10 minutes)