

FoE Well-being Bingo

January - New Beginnings

Created For:

School of Architecture, Conrad School of
Entrepreneurship, Waterloo Engineering



B I N G O

Make a snowman or snow angel	Set 3 month and 6 month goals	Start a new healthy habit	Eat breakfast	Wear cozy socks or sweater
Mindfully drink a cup of hot chocolate	Try a new workout video	Attend a FoE or university event	Try a new time management tool/strategy	Drink an extra class of water
Take down seasonal decorations	Start a conversation with a classmate/ coworker you don't know well	FREE	Start a gratitude journal for the year	Get 8 hours of sleep
Have a dance party (alone or with friends)	Make your bed 5 days in a row	Spend time with friends or family	Join a club or group	Say "no" without overexplaining
Enjoy an outdoor winter activity	Enjoy 5 minutes of silence	Eat a nutritious snack	Visual where you'd like to be this time next year	Take an action in the direction of your goals