

FoE Well-being Bingo

July - Midsummer Mindfulness

Created For:

School of Architecture, Conrad School of
Entrepreneurship and Waterloo Engineering



B I N G O

Make a list of things that energize you	Attend an outdoor festival	Sit on a bench and breathe deeply	Write down a dream you had	Watch a fireworks show (Canada Day)
Do a 5-min meditation outside	Attend a FoE or UWaterloo Event	Look for fireflies	Share a watermelon with friends	Take a walk in the sand
Visit a nearby lake	Have a freezie	FREE	Try a water-sport	Explore new areas of your city
See a concert or live music show	Make a home-cooked meal	Say something kind to a stranger	Plan a day outside	Blow bubbles
Check one thing off a to-do list	Have a BBQ with friends/family	Paint a rock	Eat a vegetable	Wear sun-screen