

FoE Well-being Bingo

March - March Madness

Created For:

School of Architecture, Conrad School of
Entrepreneurship and Waterloo Engineering



B I N G O

Share a meal with loved ones	Go for a 10 minute jog/walk	Do a load of laundry	Celebrate the women in your life (International Women's Day)	Declutter your closet
Make a list of things you feel lucky to have in your life	Eat some leafy green veggies	Give someone a compliment	Take note of the seasonal changes around you	Have a dance party (by yourself or with others)
Watch your favorite movie	Play a board game with friends	FREE	Try a shamrock shake	Watch the total lunar eclipse (Mar. 3 rd)
Attend a FoE or UWaterloo Event	Try a new fruit	Look for a clover	Have breakfast	Treat yourself
Take a break from work to do gentle stretching	Wear something green (St. Patty's)	Stay hydrated throughout the day	Get at least 8 hours of sleep	Try a new baking recipe