

FoE Well-being Bingo

May - Bloom and Thrive

Created For:

School of Architecture, Conrad School of
Entrepreneurship and Waterloo Engineering



B I N G O

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| Make your own bouquet | Take a 10 minute stroll outside | Visit a local garden | Wear something bright or spring-colored | Pause to smell a flower |
| Notice the spring colors around campus | Watch fireworks or light sparklers (Victoria Day) | Gift someone flowers | Do a stretch outside | See the cherry blossoms bloom |
| Take a screen-free break | Visit a local cafe | FREE | Attend a FoE or UWaterloo Event | Do some spring cleaning around your space |
| Plant a seed and watch it grow | Try listening to a new genre of music | Go bird-watching | Make a flower crown | Make a list of things you're excited for |
| Eat a fruit or vegetable | Set one or more small goal(s) | Try a spring baking recipe | Feel the breeze | Take a picture of something you love |