FoE Well-being Bingo

November - Nourish Your Mind

Created For:
School of Architecture, Conrad School of Entrepreneurship and Waterloo Engineering

B	I	N	G	O
Stretch for 5 mins in the morning	Get at least 8 hours of sleep	Walk around a park	Collect a leaf or nature item that catches your eye	Visit the local library
Listen to a podcast	Attend a FoE or UWaterloo Event	Brush your teeth	Set one goal for a project you're working on	Have a home cooked meal
Listen to your favorite songs	Take a walk around your area	FREE	Reflect on an important moment in your life	Do a face mask
Hug someone you care about	Take photos of nature	Decorate your home with *diyas*, flowers, and candles (Diwali)	Tell someone a joke or funny story	Organize a drawer or room in your home
Visit a local museum	Notice 5 sensations using your 5 senses	Smile at a stranger	Research a topic you're interested in	Take a nap