

FoE Well-being Bingo

October - Spooky Self-Care

Created For:

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B I N G O

Watch a cozy or spooky movie	Decorate an area of your space for Halloween	Notice the colors of the leaves changing	Attend a FoE or UWaterloo Event	Go to a pumpkin patch
Carve or paint a pumpkin	Wear a fun costume (Halloween)	Try a deep breathing technique	Show appreciation to your loved ones	Wear thick comfy socks
Enjoy a fall themed treat	Enjoy a bowl of soup	FREE	Journal for 15 minutes	List 5 things you're grateful for (Thanksgiving)
Try a new baking recipe	Jump in a pile of leaves	Play a boardgame with friends	Dance around in your room	Walk through a corn maze
Call up a friend	Have a no screen day	Watch the falling leaves	Do something you've been putting off	Try a puzzle or crossword