

FoE Well-being Bingo

Sept - Fall Into Well-being

Created For:

School of Architecture, Conrad School of
Entrepreneurship and Waterloo Engineering



B I N G O

Set your intentions for the beginning of term	Have a cup of tea	Feel the cool breeze	Do a 5-minute grounding exercise	Spend 10 minutes reading
Take a walk to notice early fall changes	Wear an orange shirt (Truth and Reconciliation Day)	Do a gentle morning stretch	Do a quick reset and tidy your space	Wear a comfy sweater
Have an apple	List three things you're excited for this fall	FREE	Give someone a kind compliment	Go to bed 15 minutes earlier
Watch a funny movie with friends	Make a new playlist for the season	Pick up a new hobby	Take a rest day	Have a glass of water
Make your bed	Light a fall scented candle	Reflect on something you want to let go of this season	Attend a FoE or UWaterloo Event	Take the stairs once today