



# Wellness Bingo

FACULTY OF HEALTH | FALL 2025

Unplug from devices for 1 evening	Play in the snow	Journal	Visit a pumpkin patch or fall fair	Explore a new town
Try a new warm drink	Bake a fall dessert	Read a chapter of a book	Have a self-care night	Make a fall playlist
Discover a new study space on campus	Write down 5 things you are grateful for	Free	Spend an afternoon outdoors	Do a random act of kindness
Smile at a stranger	Meditate for 10 minutes	Reconnect with an old friend	Volunteer for a local cause	Explore a local trail or park
Organize your room	Explore a Farmer's Market	Donate old clothes	Play a card game	Use The Sanctuary Space (BMH 3023)

**Prize: \$50  
Amazon  
gift card**

- Every completed line earns you 1 entry when you send a picture of your card to [health.wellbeing@uwaterloo.ca](mailto:health.wellbeing@uwaterloo.ca)
- Cards must be submitted prior to 11:59 p.m. (ET) on the day final exams end