

Faculty of Health

Wellness Bingo

Spring 2024

Attend a Faculty of Health event

Find a nutritious & tasty recipe

Meditate for 10 minutes

Celebrate a small win

Don't hit snooze for a week

Do a little dance

Laugh with a friend

Set an intention in the morning

Smile at a stranger

Try a new cuisine/dish

Try 5 different yoga poses

Set a S.M.A.R.T. goal for the term

Free

Listen to your favourite song

Read a chapter of a fiction book

Watch the sunset

Full day without chocolate

Elevate your heart rate

Smell 5 different flowers

Listen to Nish Vibes podcast

Be kind to yourself

Device free for 1 day

Spend an hour outside in nature

Volunteer your time

Write 3 things you're grateful for

Prize: \$50 Sport Chek

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