

Wellness Bingo

FACULTY OF HEALTH | SPRING 2025

Have a picnic in a park	Plant a flower or a plant	Explore a local trail or park	Declutter your room or wardrobe	Explore a Farmer's Market
Do 10 min. of Yoga	Try out a new spring recipe	Unplug from devices for 1 day	Go to the beach or waterpark	Plan a day trip with friends or family
Write a gratitude journal	Fly a kite	Free	Bask in the sun, enjoy the weather	Go stargazing
Read a chapter of a book	Smell 5 different flowers	Smile at a stranger	Volunteer your time	Paint or sketch
Meditate for 10 minutes	Exercise outdoors	Make a summer playlist	Laugh with a friend	Use The Sanctuary Space (BMH 3023)



- 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