

# Wellness Bingo

 **FACULTY OF HEALTH | SPRING 2026** 

Take a daily movement break for 3 days straight

Sit with friends outside instead of indoors

Drink water before your coffee/energy drink

write 3 things you are grateful for

Clean one small area (desk, bag, notes)

Try a new workout or activity

Watch a sunset or sunrise

Sit somewhere green on campus for 10 mins (no phone)

Step outside for fresh air + movement

Write down something stressing you out → then one small next step

Journal for 10 minutes

Notice 3 things blooming around you

**FREE**

Take 5 deep breaths outside

Try 5 different yoga poses in the sunshine

Spend 20 mins in sunlight while moving + no phone

Take a photo that screams "it's finally warm"

Smile at 3 people today

Eat a fruit you haven't had in a while

Go screen-free for 1 hour

Get 7-8 hours of sleep for 3 nights in a row

Set a small goal for the day


Spend 20 mins in sunlight while moving + no phone

Find a puddle and step in it (yes actually)

Reflect: "What do I need right now?"



**Prize: \$50  
Conestoga  
Mall gift card**

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- 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