



# WELLNESS BINGO

## FACULTY OF HEALTH | WINTER 2026

OPEN TO HEALTH STUDENTS, STAFF, AND FACULTY

Sketch something for 5 days in a row

Wear a comfy winter sweater

Digital declutter; phone, email, etc.

Play a board game

Go to the gym

Complete an outdoor winter activity

Do a 10 min stretch

Try a seasonal drink

Watch a movie you haven't seen

Study with friends

Journal for a week

Have a screen-free night

Free

Organize your workspace

Create a monthly scrapbook

Cook a soup/stew

Donate unused clothes

Read a chapter of a book

Pack your lunch for 1 week

Add a plant to your space

Visit the Fruit and Veggie Market

Create a monthly budget

Make a winter playlist

Volunteer each month

Have a fruit/veggie everyday for 2 weeks



- 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