



B	I	N	G	O
Create a bucket list and complete 1 item	Take a walk and enjoy nature	Donate to a food bank	Try mindfulness or deep breathing exercises	Clean out a closet, dresser, or drawer or declutter an area of your choosing.
Say hello and smile at a stranger	Spend quiet time with a furry friend	Give someone a compliment	Do a wellness activity that meets your needs	Write a note of gratitude
Stay hydrated by drinking at least 40 oz of water daily	Relax in a comfy chair, rocking chair or swing for 15 minutes	FREE SPACE 	Have lunch with a friend	Read a nutrition label of a favorite food
Start your day with a healthy breakfast	Write a note of gratitude	Make a recipe using a seasonal vegetable	Get 8 hours of sleep tonight	Watch a funny movie or video
Spend quality time with a friend or family member	Perform a random act of kindness	Try a new exercise class (Zumba, Tai Chi, etc.)	Schedule a preventive health screening	Ask someone how they are and really listen

Complete 5 tasks in a row, a column or diagonally.

Return your BINGO card to howerp@juniata.edu by December 2, 2022 to receive a prize. Fill the entire card to receive an additional prize!