

BINGO WEEK # 4

(September 10 -16th)

B I N G O

Make a Playlist of Feel-Good Songs	Take Some Me Time	Look Through a Photo Album & Admire What You've Accomplished	Up Your Fruits and Veggies	Celebrate a Small Victory This Week
Plant Something	Take Intentional Breathing Breaks with Your Students	Honor Your Progress	Explore a Wellness Exercise Outside of Your Comfort Zone	Buy/Pack Some Healthy Snacks to Keep in Your Desk Drawer
Tell Others About Your Wellness Goals	Sanitize Your Phone	Free!	Talk to Yourself Kindly	Nurture Your Social Relationships
Sit and Observe Your Habitat	Write Down What You're Grateful For	Give Your Eyes a Rest	Limit Your Sugary Drinks	Enjoy a Healthy Meal with a Friend, Family Member or Colleague
Bend Down and Touch Your Toes - Then, Do 5 Jumping Jacks	Invite Someone to Take a Walk With You	Multitask While Watching Your Favorite Show	Offer a Supportive Comment to a Co-Worker	Be Intentional About Decreasing Your Screen Time

GRACE. GROUNDING. GRATITUDE