

BINGO WEEK # 2

(August 27th - September 2nd)

Write an It's Done List	Create, Craft or Bake	Play a Board Game	Drink More Water	Work on Something That Inspires You
Send a Word of Encouragement to Someone Not In Your Building	Explore the Grace. Grounding. Gratitude Wellness Hub	Have A Meal Outdoors	Visit a Museum Online	Spend 20 Minutes Outdoors
Pay It Forward	Pay It Forward	Free!	Take Time to Enjoy a Cup of Coffee, Tea or Hot Chocolate	Gift Your Inner Child
Write Down Something You're Thankful For Each Day This Week	Thank Someone For Their Kindness	Thank Someone For Their Kindness	Gift Your Inner Child	Read a Book for 30 Minutes
Try a New Exercise Video	Explore the Grace. Grounding. Gratitude Wellness Hub	Donate Something	Make Your Bed One Morning	Spend 20 Minutes Outdoors