

Wellness Month

	B	I	N	G	O	!
1	Dance	Walk in nature	CHOOSE YOUR OWN	Say yes	Take a break from screens	CHOOSE YOUR OWN
2	CHOOSE YOUR OWN	Clean out your fridge/pantry	Compliment a friend	Exchange a music playlist	Try out a new sport or exercise activity	Meditate
3	Say hello to a stranger	CHOOSE YOUR OWN	Create something	CHOOSE YOUR OWN	Enjoy a meal with friends or family	CHOOSE YOUR OWN
4	Sing	Play a board game	CHOOSE YOUR OWN	Create a budget	Make a donation	Do something your way
5	Make a plan to save	Read a book	Journal	Receive a massage	CHOOSE YOUR OWN	Go through your wardrobe
6	CHOOSE YOUR OWN	Make a plan to reduce debt	CHOOSE YOUR OWN	Say no	Try something new that scares you	Draw

NAME: _____

How to Play

OVER THE NEXT 30 DAYS, pick an activity from the card, or choose your own wellness for the day.

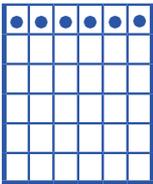
Once completed, apply a sticker or have your square stamped at Reception.

WANT TO DO MORE than 30 activities? Go for it! Remember, there are no rules. Your way is okay. Doodle in the borders. Make some marks. **Have fun!**

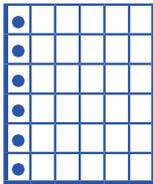
ON DECEMBER 1, drop your card off at Reception or email your digital version to communications@ecuad.ca and make sure to put **Bingo!** in the subject line.

Bingo Shapes

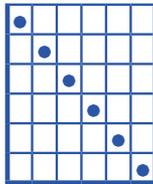
ROW
(HORIZONTAL)



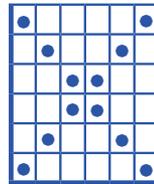
ROW
(VERTICAL)



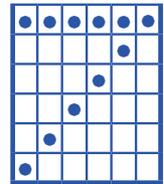
ROW
(DIAGONAL)



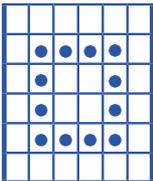
X MARKS
THE SPOT



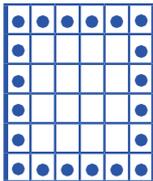
LUCKY SEVEN



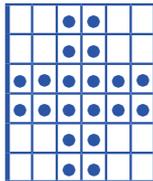
SMALL FRAME



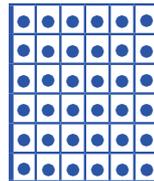
BIG FRAME



PLUS



BLACKOUT!



PICK YOUR
OWN SHAPE

