

# SELF-CARE & WELLNESS BINGO

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try a new recipe	watch a full sunrise or sunset	drink 64oz of water for 5 days	attend a virtual group fitness class	take a nap
sit/walk in nature for 30 minutes	do something with a good friend	write down 3 good things in your life	let go of something	learn something new
take a bath	perform a random act of kindness	write your own selfcare/wellness activity _____	get 7-9 hours of sleep 2 days in a row	create something
read a book or magazine	bring a healthy lunch	try a new-to-you food	engage in a calming bedtime routine	take the stairs today
eliminate an unhealthy food/drink for 1 week	play a game	stretch for 20 minutes	tackle a project on your list	do a cardio or strength workout for 30 min

complete 3 lines during the month of February

WIN A GLOW-IN-THE-DARK NALGENE BOTTLE!  
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receive their prize 2 ways after completing



-or-  
pick up prize at the wellness desk

Curbside pick up: M-F 12pm-6pm

1. Park in the space on the side of the building
2. Call 303-315-4010
3. Show student ID and turn in your bingo card

**GOOD  
LUCK!!!**

NAME:

STUDENT ID: