

ASD Health & Wellness

Fall Break BINGO

Write down or tell someone 3 things you are grateful for

Donate in any way to a cause you care about

Eliminate all social media for one day

Play a game with a loved one

Do something active for at least 20 minutes

Call, visit, or text someone you haven't seen in a while

Meditate for at least 10 minutes

Add a fruit to each meal for a day

Organize a space that needs it

Try a breathing exercise

Take a 15 minute walk

Explore locally (festival, exhibit, activity)

Spend 10 minutes doing something creative

Add a vegetable to at least 2 meals for a day

Eliminate an unhealthy food or drink choice for 3 days

Do something you enjoyed as a kid

Drink 64 oz. of water for at least one day

Make a happy playlist and give it a listen

Spend time relaxing in nature

Get 7 hours of sleep at least 2 days in a row

Take time to stretch this week

Write a gratitude letter/text to someone and send it

Watch/listen to something that makes you laugh

Set a goal to add more wellness into your life during the holiday season

Invite a friend to do something outside with you

JSD Health & Wellness

Fall Break Bingo **INSTRUCTIONS**

Happy Fall Break! Some of you may be traveling, while others are staying in town, but all of us can approach our break with the intention to nurture our well-being.

Join us in playing Fall Break Bingo! Find a way to incorporate different aspects of wellness and mark each activity you try, aiming to get 5 in a row. Doing so will enhance your Fall Break and set you up for more success when you return.

When you get Bingo, scan the QR code to enter the giveaway! This time, we are offering **EARLY ACCESS** to some of your favorite activities on Wellness Day (Friday, February 9). Good luck and enjoy your break!

