**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Well-being Bingo**

**School/building instructions go here…**

**Colors coordinate with the elements of the School Employee Well-being Model**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Go three days without any impulse purchases** | **Try a guided meditation session** | **Drink 64 oz. of water** | **Write a note of thanks or affirmation to someone** | **Take a 20 minute walk**  |
| **Stretch for 10 minutes** | **Do a favor for a colleague or family member** | **Write 3 positive affirmations about yourself** | **Take a 10 minute break to color, draw, or doodle** | **Make a smart financial decision, big or small** |
| **Read a book or article unrelated to your job for 30 minutes** | **Put money into your emergency fund account**  | **FREESPACE** | **Go without soda or junk food for a day** | **Talk with or call a friend or family member** |
| **Put money into your savings account (any amount)** | **Try a new healthy recipe** | **Write a journal or blog entry** | **Genuinely compliment two different people** | **Tell someone a 2 minute success story about your day** |
| **Try a new vegetable** | **Learn something new about someone** | **Set and accomplish a small personal goal** | **Try a short yoga video** | **Make a list of 10 things you are grateful for each day** |