

Best DAY ever!



# WELLNESS CHALLENGE BINGO

## Outdoors

## Health

## Something New

## Creativity

## Kindness

Go out to a local park, hike around and find 5 things you appreciate about nature.

Find an indoor or outdoor activity that you enjoy!

Look up and practise some common phrases in a new language.

Find some time this week to try one hobby that interests you.

Check in on an old friend or family member that you haven't talked to in a while.

Build an art piece using outdoor materials such as leaves, rocks, flowers, etc.

Take a few minutes before you sleep and practice meditation.

Look for a quick Youtube tutorial to learn something new.

Reuse one thing that you're about to throw out and make something cool out of it!

Write a letter or note and send it to someone special to you.

Catch the sunrise/sunset and reflect on 5 things you are grateful for.

Take some time to plan some quick, easy and healthy meals that you can have this week :)

Look up some events happening near you and try to participate in one that best suits your interests.

Write a comic about your life or something else that interests you!

Gather some friends and make a set of cards and give them to a local retirement home.

Friday Funday! Take some time to do your favorite outdoor hobby.

Try to go to bed earlier so that you're ready for an amazing day tomorrow!

Look up some books suited to your interests and see if your local library has a copy.

Look for some inspiration online, and try making a digital art piece.

Try to give someone a compliment today!

Try to take a 10 minute walk around your neighbourhood.

Take some time this morning to do some yoga.

Try to sign up for a volunteer shift (whenever you're available) at a local non-profit.

Create a playlist of your favorite songs that put you in a good mood!

Call someone in your life and let them know what you appreciate about them.

## What patterns do you notice?

## What do you want to find more time for?

@ocdsb.yac

