



# GLOBAL SUMMER OF WELLNESS BINGO



steps  
challenge

read a book

cook a  
healthy  
meal

cloud  
gazing

listen to  
music

talk to a  
friend

do  
something  
creative

pick up  
litter

volunteer

tend to a  
garden

stay  
hydrated

write a  
thank you  
card

**FREE  
SPACE**

positives  
and  
affirmations

reach out to  
your advisor

yoga or  
meditation

move your  
body or  
exercise

clean a  
space

take a walk

watch a  
movie

have a  
screen-free  
day

get enough  
sleep

spend time  
with pet

write in a  
journal

watch the  
sunset



<https://go.unl.edu/blgglobalsummerbingo>



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