

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

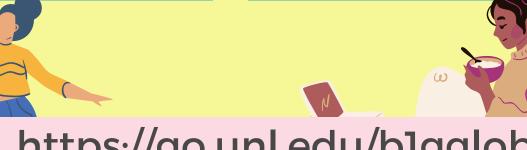
watch a movie

have a screen-free day

get enough sleep spend time with pet

write in a journal

watch the sunset



https://go.unl.edu/b1gglobalsummerbingo



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/b1gglobalsummerbingo



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/b1gglobalsummerbingo