

Wellness *bingo*

Find someone that meets each of the following criteria. The first to complete the grid, is the winner!

Listens to guided meditations.



Spends time with a pet(s).



Always has a water bottle close by.



Recites a daily affirmation/mantra.



Participates in a team activity, group or club.



Regularly spends time outdoors.



Practices daily stretching/Yoga.



Tends to a garden.



Has a favorite wellness-based podcast or app.

