

# Thrive Wellness

# BINGO

|                                    |                                           |                                         |                                     |                                          |
|------------------------------------|-------------------------------------------|-----------------------------------------|-------------------------------------|------------------------------------------|
| Take a break from screens for 1 hr | Reflect on 1 positive thing from your day | Eat something nourishing                | Complete an everyday task mindfully | Listen to music that makes you feel good |
| Learn something new                | Check out Thrive Week Events Schedule     | Talk to someone you care about          | Celebrate a win (big or small)      | Take a few moments to rest               |
| Explore the outdoors               | Complete something on your to-do list     | Do something kind                       | Give yourself a hug                 | Go somewhere new                         |
| Get a full night's sleep           | Get moving! (Stretch, walk, etc.)         | Create a monthly budget                 | Breathe deeply for 5 minutes        | Set an intention for the day             |
| Pick up some trash or recycling    | Do something creative                     | Write down 3 things you're grateful for | Attend a Thrive Week event!         | Treat yourself to something you love     |

Completing this bingo card can be a motivating and fun way to prioritize your mental wellness throughout Thrive Week. **Good luck!**

- › Download or print this bingo card.
- › Complete the activities throughout UW Thrive Week (November 17-21).
- › Cross off the activities as you complete them.
- › Aim to get a line of 5 completed activities
- › Submit your completed card to [studentwellness@uwinnipeg.ca](mailto:studentwellness@uwinnipeg.ca) to be entered into a draw for a wellness prize pack.



THE UNIVERSITY OF WINNIPEG

\* Must be a UW student, staff or faculty to be entered into the draw.

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