

Wellness

Summer Bingo!



Make a new recipe	Go for a 20 min walk, 3x a week	Try a new physical activity	5 minute meditation	Enjoy a meal out with family or friends
Complete an activity with a friend	Read for 30 minutes, 3x a week	Complete an activity outdoors	Pack your lunch every day for a week	Do a creative activity
Take a 1 hour break from technology	Stay hydrated all day		Try a new fruit or vegetable	Learn a new skill
Reconnect with a friend or family member	Share an inspiring quote	Use the stairs	Stretch before bed	Do a random act of kindness
Eat a meal outdoors	Use a reusable shopping bag(s)	Declutter a living space	Write down 5 things you are grateful for	Send a positive note to a colleague

NAME:

EMAIL:

Please see the back of the card for further instructions →



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INSTRUCTIONS:

Complete each square over the next 2 months for a chance to win some amazing prizes!

The middle square is a FREE square.

PRIZES:



All Bingo cards submitted by **Wednesday, August 31, 2022** will be entered into a random draw to win the grand prize!



The first person to complete a **FULL** Bingo card will win a first place prize!



Share the fun you're having with us by tagging **@bchsys** and using the hashtag **#BCHSBingo** to be entered to win the social media Bingo prize! The more posts the more chances to win!



Psst... Keep an eye out and keep completing your Bingo squares - surprise prizes may pop up throughout the summer!

Please submit your Bingo cards via email to wellness@bchsys.org

Winners will be contacted via email.

Good luck and have fun!

