

Wellness Bingo



UNIVERSITY OF SASKATCHEWAN
College of Kinesiology
KINESIOLOGY.USASK.CA

The goal of this activity is to engage in activities that support your mind, body, and life. Our hope is by checking off the squares you are bringing awareness to positive habits and learning about different wellness resources.

Try and check off as many squares as you can before **September 30th**.

Contest Details:

- Complete 12 or more squares and then email chandra.lepoudre@usask.ca with Subject BINGO and a list of the squares completed to be entered to win a prize.

B

I

N

G

O

Attended KinLIFE
kick-off



Spent time in nature



Found the Self-Directed/
Self Help resources
offered by USASK

Listened to a podcast




Cooked myself a
nutritious meal



Exercised 3 times for
30 minutes one week




Social Media Detox
for 24 hours



Downloaded
USafe
App

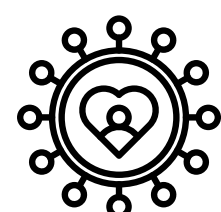


Attended a Huskie
sporting event

Good sleep hygiene:
7-9 hours of sleep



Connected with my
support network



Hydrated: 8 glasses of
water



Climbed the
Rock Wall in
the PAC

Unplugged and enjoyed
some phone free time



Decluttered: Cleaned up
my study space

