



# Family Wellness Bingo

Create a <a href="#">calm/relaxing space</a> in your home	Go on a Mindful Nature Walk as a family	Start a Gratitude Jar and add 2 things each day you're grateful for	Create a family <a href="#">mood tracker</a> together	Create <a href="#">mindful stones</a> and place them around your neighborhood
Before bedtime, think about 3 good things that happened today	Try a new recipe together. If it's good, share it with your neighbors	Create a playlist of everyone's favorite uplifting songs and play it when needed	Take a mindful moment as a family and practice deep breathing	Have a family board game night
Pick an uplifting or funny film and have a family movie night	As a family, write kind letters to veterans and elders in your community	<b>Free Space</b>	Call/Video Call a friend or family member who you haven't seen in a while	Create a family <a href="#">wellness board</a>
Get to know each other! Play 21 questions with a family member	Write affirming notes and put them around the home for everyone to see	Take 10 minutes and encourage everyone to journal	Set a goal of 8 glasses of water for the day.	Search the Internet for new dance moves to try and learn. Have a dance party
Try out some yoga or stretch together	Create <a href="#">sensory/calm down jars</a>	Think of 5 people who have positively impacted your family and send them a thank you email or letter	Create <a href="#">soothing bracelets</a> for worried hands or busy minds	Take a reading break together for 20 minutes

