

Well-Being Bingo

Go for a walk or jog outside	Read a book (try for at least 10 pages a day)	Complete an online workout <small>(see our social media pages for links to workouts as we will be posting several a week and will provide a list of sources)</small>	Listen to your favorite song	Treat yourself to a spa day at home!
Take a 20-minute nap	Have a game night virtually with friends & family	Take a ULV meditation class online https://laverne.edu/chaplain/meditation/	Organize and/or rearrange your room	Go for a drive
Call, Facetime, or text a friend	Watch your favorite movie	Do crafts (Pinterest is a great place for ideas)	Make a list of the things you want to do once quarantine is over	Have a group chat or video chat with your friends
Dance to your favorite song	Relax for 10 minutes (practice deep breathing and slow down your thoughts)	Try cooking a new recipe/meal or cook your favorite meal!	Draw a picture or paint	Go for a walk or jog outside
Do a puzzle	Research something you've always been interested in	Do a free online yoga class from United Yoga https://laverne.edu/well-being/	Listen to a podcast	Clean out your closet and donate unused items at a later date



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