

A Day to Change Direction

Healthy Habits of Emotional Wellbeing Bingo

Check in and get checkups	Volunteer your time	Surround yourself with good people	Write in a journal	Practice forgiveness
Show love to someone in your life	Go for a jog	Practice yoga	Eat healthy	Take a bubble bath
Spend time with a pet	Engage and connect wisely	Free!	Don't overschedule yourself	Join a club
Take Care of You	Avoid alcohol and other drugs	Soak up the joy with your current activities	Take time to laugh	Play with your kids
Dance	Practice mindfulness by staying in the present	Take breaks	Talk with a faith-based leader	Go for a hike



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Eat healthy	Go for a hike	Practice mindfulness by staying in the present	Move your body	Spend time outdoors
Know the Five Signs of Emotional Suffering	Check in and get checkups	Take a bubble bath	Play with your kids	Talk with a faith-based leader
Don't overschedule yourself	Meditate	Free!	Surround yourself with good people	Take breaks
Spend time with a pet	Have a technology free dinner with family	Write in a journal	Drink more water	Plant or weed your garden
Be active	Engage and connect wisely	Take time to laugh	Smile	Write down something you are grateful for



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Move your body	Plant or weed your garden	Spend time with a pet	Take breaks	Show love to someone in your life
Drink more water	Avoid alcohol and other drugs	Write down something you are grateful for	Talk with a faith-based leader	Know the Five Signs of Emotional Suffering
Don't overschedule yourself	Check in and get checkups	Free!	Meditate	Take Care of You
Join a club	Do something positive for someone else	Go for a bike ride	Engage and connect wisely	Read a book
Be active	Open up to someone	Practice yoga	Soak up the joy with your current activities	Volunteer your time



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Practice forgiveness	Move your body	Be active	Read a book	Eat healthy
Spend time outdoors	Dance	Write in a journal	Plant or weed your garden	Take time to laugh
Go for a bike ride	Play with your kids	Free!	Practice mindfulness by staying in the present	Don't overschedule yourself
Surround yourself with good people	Join a club	Practice yoga	Smile	Go for a jog
Talk with a counselor	Write down something you are grateful for	Volunteer your time	Spend time with a pet	Know the Five Signs of Emotional Suffering



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Relax	Spend time outdoors	Eat healthy	Take a bubble bath	Open up to someone
Avoid alcohol and other drugs	Meditate	Read a book	Take time to laugh	Know the Five Signs of Emotional Suffering
Go for a hike	Write down something you are grateful for	Free!	Practice mindfulness by staying in the present	Surround yourself with good people
Drink more water	Take breaks	Talk with a faith-based leader	Plant or weed your garden	Engage and connect wisely
Volunteer your time	Smile	Play with your kids	Join a club	Talk with a counselor



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Spend time outdoors	Join a club	Drink more water	Practice yoga	Don't overschedule yourself
Soak up the joy with your current activities	Spend time with a pet	Dance	Smile	Have a technology free dinner with family
Say something positive to yourself	Write in a journal	Free!	Practice forgiveness	Know the Five Signs of Emotional Suffering
Take a bubble bath	Meditate	Have a coffee date with a friend	Go for a hike	Surround yourself with good people
Take Care of You	Relax	Take breaks	Open up to someone	Engage and connect wisely



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Take breaks	Know the Five Signs of Emotional Suffering	Drink more water	Move your body	Go for a hike
Meditate	Read a book	Talk with a counselor	Practice mindfulness by staying in the present	Practice yoga
Engage and connect wisely	Know the Five Signs of Emotional Suffering	Free!	Open up to someone	Take a bubble bath
Join a club	Go for a walk	Spend time with a pet	Check in and get checkups	Volunteer your time
Be active	Go for a bike ride	Take Care of You	Take time to laugh	Go for a jog



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Write in a journal	Move your body	Play with your kids	Drink more water	Avoid alcohol and other drugs
Take Care of You	Show love to someone in your life	Dance	Relax	Take a bubble bath
Go for a walk	Have a technology free dinner with family	Free!	Read a book	Go for a jog
Take breaks	Engage and connect wisely	Talk with your doctor	Meditate	Soak up the joy with your current activities
Know the Five Signs of Emotional Suffering	Open up to someone	Spend time with a pet	Practice mindfulness by staying in the present	Know the Five Signs of Emotional Suffering



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Move your body	Dance	Spend time with a pet	Listen to music	Smile
Talk with your doctor	Go for a bike ride	Join a club	Soak up the joy with your current activities	Write in a journal
Avoid alcohol and other drugs	Take breaks	Free!	Take Care of You	Engage and connect wisely
Eat healthy	Do something positive for someone else	Open up to someone	Enjoy the sunshine	Speak honestly
Have a coffee date with a friend	Go for a walk	Don't overschedule yourself	Take a break from technology	Plant or weed your garden



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Plant or weed your garden	Go for a bike ride	Check in and get checkups	Speak honestly	Write in a journal
Enjoy the sunshine	Soak up the joy with your current activities	Meditate	Smile	Talk with your doctor
Listen to music	Meet a friend for coffee	Free!	Dance	Don't overschedule yourself
Know the Five Signs of Emotional Suffering	Have a coffee date with a friend	Say something positive to yourself	Write a letter	Talk with a faith-based leader
Open up to someone	Surround yourself with good people	Relax	Love fully	Get a good night of sleep



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Spend time with a pet	Have a coffee date with a friend	Be active	Set a daily intention	Practice forgiveness
Write in a journal	Go for a bike ride	Take a bubble bath	Go for a walk	Enjoy the sunshine
Smile	Listen wholeheartedly	Free!	Dance	Check in and get checkups
Do something positive for someone else	Talk with your doctor	Join a club	Meditate	Engage and connect wisely
Avoid alcohol and other drugs	Practice yoga	Speak honestly	Write a letter	Show love to someone in your life



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Take a break from technology	Have a technology free dinner with family	Check in and get checkups	Take Care of You	Do something positive for someone else
Enjoy the sunshine	Write in a journal	Relax	Read a book	Practice mindfulness by staying in the present
Don't overschedule yourself	Send a thank you note	Free!	Surround yourself with good people	Soak up the joy with your current activities
Play with your kids	Show love to someone in your life	Go for a hike	Say something positive to yourself	Spend time with a pet
Listen to music	Take time to laugh	Take breaks	Move your body	Be active



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Take Care of You	Talk with a counselor	Get a good night of sleep	Meet a friend for coffee	Write in a journal
Join a club	Practice mindfulness by staying in the present	Plant or weed your garden	Go for a walk	Talk with your doctor
Do something positive for someone else	Listen to music	Free!	Meditate	Spend time with a pet
Move your body	Relax	Spend time outdoors	Take breaks	Enjoy the sunshine
Talk with a faith-based leader	Soak up the joy with your current activities	Speak honestly	Be active	Go for a jog



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Join a club	Go for a hike	Engage and connect wisely	Spend time outdoors	Take a bubble bath
Love fully	Practice yoga	Move your body	Listen wholeheartedly	Relax
Take time to laugh	Talk with a faith-based leader	Free!	Write down something you are grateful for	Practice mindfulness by staying in the present
Practice forgiveness	Speak honestly	Send a thank you note	Go for a bike ride	Be active
Have a technology free dinner with family	Have a coffee date with a friend	Volunteer your time	Take breaks	Play with your kids



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Plant or weed your garden	Love fully	Have a technology free dinner with family	Take a bubble bath	Get a good night of sleep
Write a letter	Meet a friend for coffee	Move your body	Take breaks	Take a break from technology
Talk with a faith-based leader	Know the Five Signs of Emotional Suffering	Free!	Volunteer your time	Be active
Avoid alcohol and other drugs	Join a club	Set a daily intention	Check in and get checkups	Show love to someone in your life
Do something positive for someone else	Talk with a counselor	Talk with your doctor	Soak up the joy with your current activities	Practice mindfulness by staying in the present



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Relax	Go for a bike ride	Smile	Move your body	Write down something you are grateful for
Go for a jog	Read a book	Have a coffee date with a friend	Talk with your doctor	Speak honestly
Set a daily intention	Listen to music	Free!	Don't overschedule yourself	Do something positive for someone else
Talk with a faith-based leader	Send a thank you note	Listen wholeheartedly	Practice yoga	Know the Five Signs of Emotional Suffering
Open up to someone	Show love to someone in your life	Engage and connect wisely	Talk with a counselor	Avoid alcohol and other drugs



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Healthy Habits of Emotional Wellbeing Bingo Call List

Use this randomly generated list as your call list when playing the game. There is no need to say the BINGO column name. Cross out each word as you announce it, to keep track. You can also cut out each item, place them in a bag and pull words from the bag.

1. Take Care of You
2. Eat healthy
3. Be active
4. Go for a walk
5. Spend time outdoors
6. Practice yoga
7. Go for a jog
8. Go for a bike ride
9. Go for a hike
10. Plant or weed your garden
11. Take a bubble bath
12. Check in and get checkups
13. Talk with your doctor
14. Talk with a counselor
15. Talk with a faith-based leader
16. Have a coffee date with a friend
17. Have a technology free dinner with family
18. Engage and connect wisely
19. Relax
20. Meditate
21. Write in a journal
22. Dance
23. Play with your kids
24. Read a book
25. Know the Five Signs of Emotional Suffering
26. Drink more water
27. Take breaks
28. Do something positive for someone else
29. Write down something you are grateful for
30. Say something positive to yourself
31. Open up to someone
32. Move your body
33. Join a club
34. Surround yourself with good people
35. Volunteer your time
36. Avoid alcohol and other drugs
37. Don't over schedule yourself
38. Show love to someone in your life
39. Soak up the joy with your current activities
40. Take time to laugh
41. Spend time with a pet
42. Practice mindfulness by staying in the present
43. Practice forgiveness
44. Smile
45. Send a thank you note
46. Enjoy the sunshine
47. Write a letter
48. Take a break from technology
49. Speak honestly
50. Love fully
51. Listen wholeheartedly
52. Set a daily intention
53. Listen to music
54. Meet a friend for coffee
55. Get a good night of sleep



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