

Indiana 4-H Wellness Bingo

Stay active and balanced with these #4HHealthyLiving activities!
Show us what you're up to by sharing photos on social media
and tagging @indiana4h!

M	I	N	D	F	U	L
Brush your teeth for two minutes. Don't forget to floss!	Hug someone you love	Post a photo of your favorite relaxing activity #Indiana4h	Help your parents with a chore	Write down three good things that happened today	Leave an anonymous note for someone you admire	Watch the stars or clouds - find funny shapes
Listen to your favorite music with no distractions	Forgive someone	Go for a walk outside. Enjoy the sounds of nature	Reconnect with family dinner. No electronic devices	Visit a local, state or federal park	Get a good night's sleep	Tell someone special what you love about them
Spend time petting or visiting an animal	Assume the best in everyone today	During dinner, share something you're grateful for	Set some goals for the upcoming week	Share a photo of something you're grateful for #Indiana4h	Be kind to yourself. No negative self-talk today	Call someone you haven't seen in a while
Gather items in your home to donate to charity	Write a letter to someone who lives in a nursing home	Tell someone you appreciate them		Write a thank you note to someone special	Have a picnic in the living room with your family	Do a good deed – expect nothing in return
Participate in a community service project/event	Laugh until your cheeks hurt	Limit the use of electronic devices today	Create a social media post celebrating someone you admire #Indiana4H	Help your parents with yard work	Dance or relax to your favorite music	Get outside! Be still, breathe, and listen for 10 minutes
Give at least three compliments today	Thoroughly enjoy a treat. Focus on the texture, smell & flavor	Stretch and move for 5 minutes every hour	Be extra encouraging to someone today	Post an old photo and share a favorite memory #Indiana4H	Tell your best friend all the things you like about them	Give someone a smile and a thumbs up
Color, paint, draw, or craft with someone special	Share a photo of your favorite place to relax #Indiana4H	Clean your room without being asked	For 15 minutes, read something you enjoy	Reduce stress or anxiety with deep breathing	Reminisce while looking through old family pictures	Practice good listening skills today