



BINGO

MOVEMENT AND WELLNESS MONTH

Spend 15 minutes outside	Celebrate the halfway point and treat yourself!	Do 15 jumping jacks or jump rope	Write down one good thing that happened today	Stretch before bed
Do some strength training	Meditate	Park your car further away than normal	Go bird watching	Play with your pet
Get 3,000 steps in for the day	Try a new healthy recipe		Reach out to an old friend	Do squats while watching T.V.
Go for a bike ride	Do a crossword puzzle or word search	Listen to an uplifting podcast	Go for a walk	Spend time outside
Look at SADS Mental Health Resources	Turn on some music and dance!	Go a full day without caffeine	Write someone a note of gratitude	Do some yoga

#SADSWELLNESSCHALLENGE