



Digital Wellness

BINGO



Welcome to your Digital Wellness Bingo Adventure. This card will seek to incorporate many experiences, activities, and initiatives that support holistic wellness. Utilize the white boxes to track your progress and remember, this is your unique path to well-being. Here's to cultivating a healthier digital lifestyle! Be well and enjoy the adventure!

**READ A
PHYSICAL BOOK
FOR 30
MINUTES.**

**TAKE A TECH
FREE WALK
OR HIKE.**

**TRY A NEW
RECIPE.**

**ENJOY A
TECH-FREE
MEAL.**

**WRITE A HAND-
WRITTEN
LETTER TO
SOMEONE.**

**PRACTICE
MINDFUL
REFLECTION.**

**CREATE YOUR
OWN ART WORK
OR DOODLE
DRAWING.**

**PLAY A
BOARD OR
CARD GAME.**

**TAKE A PHOTO IN
THE MOMENT WITH
A TRADITIONAL
CAMERA.**

**ATTEND A LIVE
PERFORMANCE
OR SHOW.**

**VISIT A LOCAL
EXHIBIT OR
ATTRACTION.**

**VOLUNTEER
YOUR TIME FOR
SOMEONE OR
SOMETHING.**

**WRITE A
GRATITUDE
STATEMENT.
MAKE IT VISIBLE
TO SEE.**

**ATTEND A
LOCAL SPORTS
GAME OR
EVENT.**

**INCORPORATE
INTENTIONAL
MOVEMENT INTO
YOUR DAY.**

**CREATE A
SCRAPBOOK
WITH ALL
THESE
MEMORIES
LISTED ON THE
CARD!**



Digital Wellness



BINGO

Welcome to your Digital Wellness Bingo Adventure. This card will seek to incorporate many experiences, activities, and initiatives that support holistic wellness. Utilize the white boxes to track your progress and remember, this is your unique path to well-being. Here's to cultivating a healthier digital lifestyle! Be well and enjoy the adventure!

**READ A
PHYSICAL BOOK
FOR 30
MINUTES.**

**TAKE A TECH
FREE WALK
OR HIKE.**

**TRY A NEW
RECIPE.**

**ENJOY A
TECH-FREE
MEAL.**

**WRITE A HAND-
WRITTEN
LETTER TO
SOMEONE.**

**PRACTICE
MINDFUL
REFLECTION.**

**CREATE YOUR
OWN ART WORK
OR DOODLE
DRAWING.**

**PLAY A
BOARD OR
CARD GAME.**

**TAKE A PHOTO IN
THE MOMENT WITH
A TRADITIONAL
CAMERA.**

**ATTEND A LIVE
PERFORMANCE
OR SHOW.**

**VISIT A LOCAL
EXHIBIT OR
ATTRACTION.**

**VOLUNTEER
YOUR TIME FOR
SOMEONE OR
SOMETHING.**

**WRITE A
GRATITUDE
STATEMENT.
MAKE IT VISIBLE
TO SEE.**

**ATTEND A
LOCAL SPORTS
GAME OR
EVENT.**

**INCORPORATE
INTENTIONAL
MOVEMENT INTO
YOUR DAY.**

**CREATE A
SCRAPBOOK
WITH ALL
THESE
MEMORIES
LISTED ON THE
CARD!**