



Lobo Wellness BINGO

Take a walk around Johnson Field	Find the Olympic Pool in Johnson Center	Visit the Health Promotion Office in SHAC	Do 10 push-ups	Avoid technology for 30 minutes
Take 5 deep breaths	Drink 20 ounces of water	Find the Lobo Food Pantry	Write 5 things you are grateful for	Spend time with a loved one.
Do 10 squats	Follow a Guided Meditation Video		Say 5 Positive Affirmations in the Mirror	Eat a piece of fruit.
Try and make a meal.	Tell a Joke to a Friend	Visit a Resource Center	Draw or Color a Picture	Go to a Campus Event
Organize Your Backpack	Pet a Dog or Cat	Make a relaxing playlist	Dance to Your Favorite Song	Spend 15 minutes outside

