



# HEALTH AND WELLBEING

## YOUTH CHALLENGE - WELLNESS BINGO

Step 1) Using the graphic, check off the items you have completed today for your wellbeing.

If you can't do them all today, there is always tomorrow!

Step 2) Share it on your personal account and make sure to tag Experiences Canada!

 @ExperiencesCanada

 @experiencescanada

 @ExperiencesCAN

