#### 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

### PHYSICAL

- Check in with your senses throughout the day
  - Take a break when you need it
    - Eat something nourishing
    - Allow time to do something physical
      - Go outside for a fresh breath of

air

#### **EMOTIONAL**

- Actively check in with how you are feeling
- Check on the emotional well being of your loved ones
- Engage in self-reflection
- Validate your own feelings; good or bad. No feelings are bad
  - Laugh with yourself or alongside others

# • Pray, smudge or

- Pray, smudge or meditate
- Set your intentions for the day
  - Utilize Traditional Medicines prominent in your region or community
  - Reach out to an Elder or grandparent
    - Connect to nature today

## MENTAL

- Engage in breathing techniques
- Write down 5 things that you like about yourself
- Reach out to someone who has a positive impact on your life
  - Organize your space
    - Try a new hobby

