

TELL YOUR HEART STORY

BINGO

RACE A
FRIEND
OUTSIDE

GET 8
HOURS OF
SLEEP

LEARN A
NEW
DANCE
MOVE

GO ON A
BIKE RIDE

PLAY A
GAME OF
BASKETBALL

HELP OUT AN
ELDER OR
COMMUNITY
MEMBER

MEDITATE
OR
PRACTICE
YOGA FOR
5 MINUTES

SET ONE
GOAL TO
FOCUS ON
THIS WEEK

PRACTICE
DRUMMING

GO
FISHING

TAKE 5
DEEP
BREATHS

TELL A
FRIEND A
JOKE



GO ON A
NATURE
WALK

DO 20
JUMPING
JACKS

WRITE IN
YOUR
JOURNAL

HARVEST
PLANTS

GO
HUNTING

CHECK IN
WITH A
FRIEND

HELP WITH
A TASK
AROUND
THE HOUSE

GO ON A
WALK
OUTSIDE

GO BERRY
PICKING

MAKE
TRADITIONAL
FOOD

PRACTICE
AN NYO
EXERCISE

TELL
FAMILY OR
A FRIEND
FUNNY
STORY