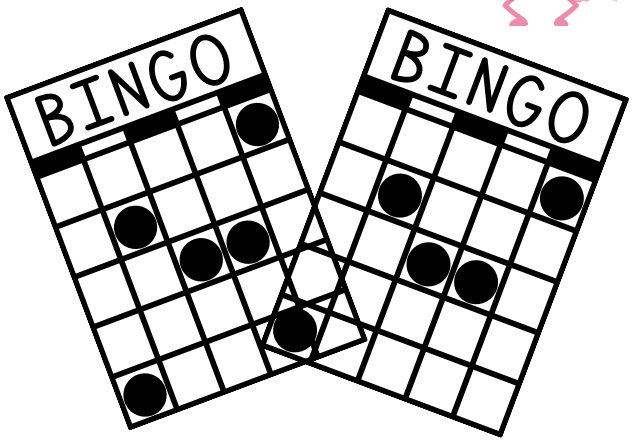
Strong Minds Bingo

What is Strong Minds Bingo??

A 4- week virtual Challenge that focuses on various Self Care / Strong Minds strategies that work best for you. Complete one strategy a day and then cross it off. After 25 days you will have learned 25 new strategies and hopefully have found a few that work for you!



This will be a self-lead challenge, with helpful hints and tricks along the way. Each participant can fill out a BINGO to help you find new Self Care / Strong Minds strategies that work best for you. See the last page for some ideas!

Sign Up:

- Step 1: Register by visiting this QR Code
- Step 2: After registering, participants will keep track of their Strong Minds goals with a corresponding Bingo Card

If you would prefer to have a competed bingo card sent to you, please reach out to healthyathletes@somd.org

INCLUSIVE Health & Fitness

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Strong Minds Bingo

		Free Space		

Strong Minds Bingo

- Get at least 8 Hours of Sleep
- Do something nice for someone
- Stretching or yoga
- Go on a walk/hike/run
- Call up a friend
- Compliment yourself
- Write about how you feel
- Strong Breathing
- Journaling
- Read a book
- Use a stress ball
- Drink 64 oz of water
- Go outside
- Learn 5 words in a new language
- Take a social media break for a day
- Give 10 Compliments to someone else
- Cook your favorite meal
- Arts & Crafts
- Listen to music
- Dance it Out
- Watch the sunrise or sunset
- Make your favorite cozy drink
- Exercise for 30 minutes
- Minimize technology 1 hour before bed
- Eat 5 servings of fruits and vegetables in a day
- Create a sleep routine
- Create a morning routine
- Challenge yourself
- Play with your pet