

# Bubble Bingo

Said "I love you" out loud to someone. (Yes your pets count!)	Ate something healthy	Had a big, loud belly laugh	Meditated for 15 minutes (or more!)	Did some exercise
Tried something new	Balanced Breathing	Checked in on someone	Went for a walk outside	Smiled at a stranger
Wrote down 5 things you're grateful for today	Did something creative	Spent time with an animal friend	Set or upheld a boundary	Video call with someone you love
Got 7 - 9 hours of sleep	Let yourself cry if you needed to	Spent some time outdoors	Took a nap	Spent some time with nature
Checked in with your heart	Tamed an unruly thought	Random act of kindness	Drank enough water	Quiet relaxation