

# HAH! BINGO

## "HOLIDAYS ARE HARD"

Walk out your front door - no destination, simply walk for 5 mins.	Play a song while brushing your teeth, something you haven't listened to in a long time but love.	Put on a favorite music album while doing dishes or folding laundry.	While waiting in line at the grocery store or post office, text a friend "I love you."	Say yes to an invite - even a community event that you saw online.
Say no to an invite - even to family or best friend you would have never said no to before.	Walk or bike a street you never have before. something safe, but follow your curiosity.	Spend 10 minutes drinking your coffee/tea and doing nothing else (can stare at fireplace or trees).	Take a bath, or a warm shower. Feel the water. Listen to the water. Wash your body slowly.	Watch a favorite movie that is NOT holiday themed. Invite a friend to join if that sounds nice.
Make your favorite healthy meal, and invite someone over to enjoy it with you. No phones, no TV.	Eat a favorite snack in silence. No distractions. Focus on the taste, texture, crunch, moisture - discover why you like this snack.		Do something in your home you've never done before - read on the floor, stretch in a different room, eat a meal somewhere else.	Go for a walk, but walk slower than you ever have before. Feel each bone in your feet. Listen to the sounds your feet make.
On a piece of scratch paper or a notebook, cover it in doodles, words, dreams, gratitude. Create a messy collage, just for you.	Pick ONE trip you've been wanting to do and feels achievable. Research & find one activity you could enjoy on the trip.	At night, walk outside & look up at the stars. No stars? Find a tree or a building and observe how different it looks at night.	Write 1 sentence about how you feel in the morning, 1 mid-day, and 1 before bed. Three sentences total.	Ask a friend for a music artist/album recommendation. Be specific - energetic or mellow? Listen to one entire album consecutively.
What's the best book/movie/show you've enjoyed in the last two months? Recommend it to someone.	Stretch your body for 5 minutes in bed, on the floor, or outside. Move and stretch whatever feels good, gently.	Get in bed an hour earlier than you normally do. No screens. Read, listen to music, call a friend. Enjoy your bed.	What is a soothing or happy scent for you? Cookies, dirt, whatever it is, get that scent, and breath it in all day.	Book a massage, acupuncture, or other treat. Outside your budget? Find students needing training hours. Or, add it to your holiday wish list!