

feel good february

Complete one square per day.

B	I	N	G	O
Try a new healthy recipe	Go on a walk and try to count your steps	Write a kind note to yourself	Teach a friend 2 of your favorite Brain Balance exercises	Go on a bike ride around your neighborhood
Write a nice note for a caregiver or sibling	Drink a big glass of water	Play outside for 1 hour or more	Get at least 8 hours of sleep	Name 3 things you can hear & 2 things you can smell
Teach a friend your favorite brain break	Read for at least 20 minutes	FREE SPACE	Take a moment to write/draw how you feel	Write 2 things you are grateful for
Sit outside and name 5 things you can see	Write 3 things you like about yourself	Take 5 deep breaths while imagining a calm place	Create an outdoor obstacle course	Try a new fruit
Do 20 jumping jacks	Go on a hike and balance across rocks or logs	Try a new vegetable	Compliment a friend on your favorite positive trait about them	Play a board game with your family