

FASD Awareness Day: Wellness Bingo (Youth)

<p>Go for a walk</p> 	<p>Listen to music: Relax for 15 minutes</p> 	<p>Color</p> 	<p>Drink 8 cups of water in your day</p> 	<p>Have a healthy snack</p> 
<p>Connect with someone you love (virtually or in person)</p> 	<p>Wear your favorite color</p>	<p>Appreciate nature: Hug a tree</p> 	<p>10 jumping jacks</p> 	<p>Watch a funny movie</p> 
<p>Practice deep breathing (in for 5 seconds, out for 5 seconds)</p>	<p>Smile or say hello to a neighbor</p> 	<p>YOUR CHOICE: Do what makes you most happy</p> 	<p>Have a living room dance party</p> 	<p>Journal about your day (drawing is awesome too)</p>
<p>Write down 5 things you are grateful for</p> 	<p>Do some stretching</p> 	<p>Pajama day</p> 	<p>Sing your favorite song in the shower/bath</p> 	<p>Go to bed early</p> 
<p>Learn about brain domains [or] do a brain domain activity (See below for info)</p>	<p>Read</p> 	<p>Eat a meal with a person or people you care about</p> 	<p>Go to the park</p> 	<p>Admire yourself in the mirror: you are you – unique & beautiful!</p> 

Brain domain information

https://www.gov.mb.ca/fs/fasd/pubs/fasd_hiddendisability.pdf