



# DIGITAL WELLNESS BINGO

How to Play: Challenge yourself to re-think your relationship with technology by completing the activities listed below. Mark an X over each box you complete. Try to get five activities in a row (horizontal, vertical, or diagonal) or go for a full blackout (all activities completed)!

|        | B(e)  | I(ntentional)  | N(urturing)  | G(rounded)  | O(pen)   |
|--------|---|--|--|---|--|
| Mind   | Pause.<br>Appreciate a moment of presence.          | Start your day by setting your intentions.               | Learn something new at a Digital Wellness Day event.             | Meditate for a moment by noticing your breath.                      | Meet someone new at Digital Wellness Day.                            |
| Body   | Go for a walk in nature.                            | Stretch your body for at least 5 minutes.                | Exercise/dance or move your body for 15 minutes.                 | Walk barefoot and feel the earth, grass, or sand beneath your toes. | Sleep one night without your phone in the bedroom.                   |
| Spirit | Write down 3 things that you are grateful for.      | Revisit your personal goals or resolutions for the year. | <b>FREE FLOURISHING SPACE</b>                                    | Journal about a meaningful moment.                                  | Rethink a stressor in your life as a challenge rather than a threat. |
| Social | Call a friend to catch up and reconnect.            | Text, call, or write a note of thanks or support.        | Talk with someone about setting a new positive digital boundary. | Remove one source of distraction from your phone.                   | Learn a new skill/hobby with a friend.                               |
| Tech   | Notice how you feel when using/not using technology | Check and reflect on your screen time stats.             | Savor your old digital photos, videos, and memories.             | Delete digital clutter from your phone or laptop.                   | Update and restart your digital devices                              |