

B I N G O

<p>Make a phone call Call a loved one you miss.</p>	<p>Appreciate others Hand-write a letter or card of appreciation (bonus: send it by snail mail!)</p>	<p>Enjoy a hobby Set aside time in your day (15, 30, 60 minutes) to do a hobby you enjoy.</p>	<p>Move Add 30 minutes of movement in the day for you and your students/children</p>	<p>Get creative Create something! Draw, paint, bake, build, write...</p>
<p>Coffee date Set up a virtual or outdoor coffee date with a buddy - be sure to follow your local COVID protocols</p>	<p>Move together Go for a run, walk or roll with a relative, friend or colleague (we love movement meetings!)</p>	<p>Actively listen Ask someone about a meal they've cooked or eaten and listen for facts, emotions or inferences</p>	<p>Open up Have an intentional conversation with someone you trust about your feelings or your well-being</p>	<p>Be neighbourly Check in with a neighbour, especially any elderly or living alone</p>
<p>Play outside Blow bubbles, run in the sprinkler, dig in the dirt...</p>	<p>Care for a plant Dust, water and talk to the plants in or around your home.</p>		<p>Pet an animal Dog, cat, horse, or other domestic animal. Respect the animal and ask permission if it's not yours!</p>	<p>Go get lost Find your way back... or just take a new-to-you route somewhere.</p>
<p>15 minutes solo Spend 15 minutes getting outside by yourself.</p>	<p>30 minutes solo Up your outdoor solo time to 30 minutes!</p>	<p>Walk mindfully Go for a walk and notice the sights, sounds and smells. What haven't you noticed before?</p>	<p>Sit in the sun Feel the sun on your skin for 20 minutes (don't forget sun protection!)</p>	<p>Get comfy Find an outdoor space to read a book, listen to a podcast, or enjoy some music</p>
<p>Walk to errands Walk to complete a nearby errand, such as picking up a few groceries or getting the mail</p>	<p>Wheel to errands Use person-powered wheels to complete a nearby errand, like going to an appointment</p>	<p>Use infrastructure Use at least 2 dedicated pedestrian/cyclist infrastructures, such as crosswalks and bike lanes</p>	<p>Explore your 2.4 Walk around the 2.4km radius of your home and draw a map of the cool things you find</p>	<p>Park farther When you drive places, park a few blocks away from your destination and walk. Get those extra steps!</p>