

## FASD Awareness Day: Wellness Bingo

<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>Look up FASD resources &amp; supports in your community area (see below)</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 &amp; beautiful!</p> 

### FASD Resources

<https://www.gov.mb.ca/fs/fasd/resources.html>

<https://www.fasdcoalition.ca/>