



**Student Thrive 5+ Bingo**

Complete **all** the challenges individually or in teams up to 5.  
 Be sure to take a picture or scan completed card and submit  
 to [recreation.okanagan@ubc.ca](mailto:recreation.okanagan@ubc.ca) by November 27.  
 Team members and individuals initial squares they complete.

B	I	N	G	O
Attend an <a href="#">in person</a> or <a href="#">Virtual Fitness Class</a>	Turn off all screens 2 hours prior to bed	Enjoy a healthy meal with a friend	Eat plant-based for the day	Share a funny joke
Spend time in nature	Call your biological or chosen family	Have a 20 minute nap	Try a food you've never had before	Walk somewhere that you would normally drive
Add a <a href="#">movement break</a> to your day	Meal prep	Adopt or step up an eco-friendly habit	Play with a furry friend	Listen to a sleep hypnosis podcast
Practice cultural/spiritual traditions	Turn off your camera during class to stretch and move around	Add one fruit or veggie to each meal	Make water your beverage of choice	Stretch or meditate prior to going to bed
Dance to your favorite music for 10 minutes	Check out <a href="#">The Wellness Centre: Online</a>	Give a gift to someone	Familiarize yourself with the <a href="#">UBC Wellbeing Strategic Framework</a>	Set aside time for <a href="#">creative expression</a>

Individual/Team Names and emails (for prizing purposes):

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|-------|--------|
| Name: | Email: |
| Name: | Email: |
| Name: | Email: |
| Name: | Email: |
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