



Self-Love Bingo

Springtime Edition

Go to a place you haven't been	Stop to smell the first spring flowers you see	Plant a seed (Jerry-Faye has some if you don't!)	Eat your favorite snack	Spring clean your room
Notice the trees budding	Get your favourite ice cream	Set goals for next year	Participate in a Juliane yoga video on the Current Students FB group	Take a walk in Odell Park
Star gaze	Cook up something good by following one of the Cooking with the College recipes	FREE	Meditate for 5 minutes	Set an intention for the day
Buy something new for yourself	Read and finish a book	Do something creative (that doesn't involve school)	Take a second to listen to the birds chirp	Journal about the good things that came about this year
Sit outside in the sun	Hit the beach	Have a picnic in the grass	Take some intentional deep, slow breaths	Go bare-legged!

Have you completed your card?

Exchange it at the Student Life Coordinator's office (4002a) on the fourth floor for a prize.

Bingo cards must be submitted by May 9.

