

# BRAIN BOOST BINGO

Mix up your 5-minute brain boosts throughout the week.

Hold 5 Stretches for 1 Min	Sketch Or Color Something	Take 5 Deep Breaths	Do a Crossword Puzzle	Free Write
Count the Beat of a Song	Write Haiku Poetry (5-7-5)	Mindfully Make Tea	Massage Your Feet	Learn a TikTok dance
Google your Favorite Place	Step on a Tennis Ball		Make an Earthalope	Eat a Piece of Fruit
Do 20 Squats	Laugh Out Loud	Draw w/ Opposite Hand	Pushups or Handstands	Send a Postcard
Walk Around the Block	Eat Something Probiotic	Call a Loved One	Memorize a Poem	Juggle