


BRAIN BOOST BINGO

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

Make an Earthalope	Mindfully Make Tea	Sketch Or Color Something	Juggle	Pushups or Handstands
Write Haiku Poetry (5-7-5)	Hold 5 Stretches for 1 Min	Write 10 Reasons You're Grateful	Watch a Nature Video	Quick Call To Funny Friend
Read Poetry (Aloud)	Dance Break!		ACV or Coconut Oil Shot	Guided Meditation
Sing A Song	Post Your #5minbreak To IG/FB	Do Chair Yoga	Lie Down, Close Eyes	Jump Rope
Sudoku	Run The Stairs	Give a High 5 to 5 People	Work A Jigsaw Puzzle	Google (& Ogle) An Artist