


BRAIN BOOST BINGO

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

1 ACV Apple Cider Vinegar Shot	Coconut Oil Shot or "Pulling"	Video: "How To Draw a ___"	Plank for X min	Try Yoga Nidra
Try EFT Tapping	Try Lymphatic Massage	Walk Around the Block	Eat Something Probiotic	Do 20 Squats
Call a Loved One	Laugh Out Loud		Google your Favorite Place	Memorize a Poem
Draw w/ Opposite Hand	Step on a Tennis Ball	Count the Beat of a Song	Free Write	Learn a TikTok dance
Do a Crossword Puzzle	Eat a Piece of Fruit	Massage Your Feet	Take 5 Deep Breaths	Send a Postcard