



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

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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

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Hold 5 Stretches for 1 Min Each	Sketch or Color Something	Take 3 Deep Breaths	Give a Compliment	Journal your Feelings
Count the Beat of a Song	Run the stairs	Mindfully Make Tea	Massage Your Feet	Play (air) Drums
Google your Favorite Place	Step on a Tennis Ball		Make a Card for a Friend	Hug a Pet
Do 10 Squats	Laugh Out Loud	Draw w/ Opposite Hand	Slow Dance	Look at the Clouds/ moon
Write a Short Song	Eat Something Probiotic	Call a Loved One	Talk to a Plant	Make Mint Tea

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Try Lymphatic Massage	Make a Word Search	Light a Candle	Listen to a Classical or Jazz Song	Ice Plunge your Face
Give a High 5 to 3 People	Go Forest Bathing	Quick Call To Funny Friend	Start a Novel	Google (& Ogle) An Artist
Lie Down, Close Eyes	Smell lavender (oil)		Draw a funny face	Just Breathe/ Be
Hum or Whistle a Song	Do "The Twist"	Drink a Glass of Water	Walk barefoot	ACV or Coconut Oil Shot
YouTube a Guided Meditation	Learn/Dance Bachata	Post Your #5minbreak To IG/FB	Learn a New Word	Thank Someone