

# BRAIN BOOST BINGO

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

Try Lymphatic Massage	Video: "How To Draw a ___"	Coconut Oil Shot or "Pulling"	Listen to a Classical or Jazz Song	Work A Jigsaw Puzzle
Give a High 5 to 5 People	Try EFT Tapping	Quick Call To Funny Friend	1 ACV Apple Cider Vinegar Shot	Google (& Ogle) An Artist
Lie Down, Close Eyes	Run The Stairs		Make an Earthalope	Just Breathe/ Be
Sing A Song	Do Chair Yoga	Sudoku	Try Yoga Nidra	Send a Postcard
ACV or Coconut Oil Shot	Guided Meditation	Post Your #5minbreak To IG/FB	Jump Rope	Plank for X min