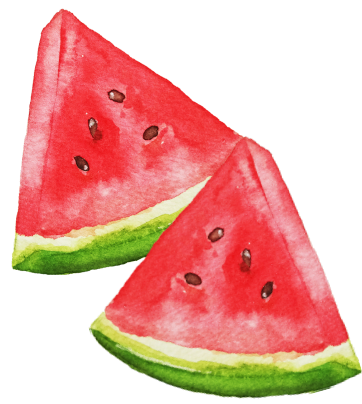




Public Health
Prevent. Promote. Protect.

Winnebago County, WI

Summer Bingo



Micro-Joys For Your Mental Health

 <p>Drink Your Morning Beverage Outside</p>	 <p>Get A New Food To Try At The Farmers Market</p>	<p>Spend 5 minutes with your barefeet in grass</p> 	<p>Stargaze In Your Backyard</p> 	<p>Try an herb or fruit infused water</p> 
<p>Hot Day? Try a cold foot soak</p> 	<p>Go for a walk without your phone</p> 	<p>Eat outside - any meal</p> 	<p>Change your phone screensaver to something that brings you joy</p> 	<p>Go Swimming (Don't Forget Sun Protection!)</p> 
<p>Sit under a tree and listen</p> 	<p>Send a hand written card, letter or postcard</p> 		<p>Go outside to smell the rain</p> 	<p>Make A Summer Playlist</p> 
<p>Read A Good Book</p> 	<p>Make Something - even just a doodle!</p> 	<p>Recruit a friend to play this Bingo Game with</p> 	<p>Spend intentional time with your pet</p> 	<p>Watch a sunrise or a sunset</p> 
<p>Take a walk near water</p> 	<p>Visit your local library</p> 	<p>Attend a free workshop, concert, or activity</p> 	<p>Eat a popsicle or ice cream cone</p> 	<p>Tend to a plant or stop to smell the roses</p> 