

**Take the Social Connections Bingo Challenge!** Invite your family and friends to take the challenge with you. The more social and connected you are, the healthier you will be!

**DIRECTIONS:**

To get a BINGO please put a smile emoji in the box of the activity you did. Once you have 5 smile emoji's in a row (horizontal, vertical or diagonal) you've completed a BINGO. Congratulations!

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Take a walk over lunch & say hello to someone new	Deep breathe & picture someone you are grateful for	Call an old friend	Wave to your neighbor	Invite someone to coffee/tea (in person or virtual)
Talk to a teenager & ask them about current events	Walk to deliver a message instead of sending an email	Try a new vegetable & tell someone about it	Connect with an older adult in your life	Cook a healthy new recipe with others (in-person or virtually)
Write a letter to a family member or friend	Volunteer	<b>FREE SQUARE</b>	Exercise & tell someone about it	Find one person who has the same hobby as you
List 4 people you would like to know better and reach out	Try a new hobby & tell someone about it	Experience nature	Give a compliment	Send an encouraging text message
Have lunch with a friend	Smile at a stranger	Host an outdoor gathering	List 4 people you are thankful for & tell them	Have a sit-down meal with family/friends