

SPRING INTO WELL-BEING WEEK

Bingo

How many of these have you done this week?
Cross them out!

Wear a formal top and pajama pants	Skip sugar or caffeine for one day	Listen to your favorite song on repeat	Connect with your office buddies
Binge watch 5 episodes of your favorite show	Cuddle with pets while working	Try a yoga or pilates class	Try a new cocktail (or mocktail)
Clean one space in your home	Attend 3 Well-Being Week activities	Complete a work task WITHOUT screens	Make your comfort food for lunch
Dance like no one is watching	Watch a zoo/aquarium webcam	Paced around the living room while in a call	"Tour" a Museum on AMM or MAAM's page



Do you have a bingo? Send your bingo by photo or screenshot to info@midwestmuseums.org and post on social media at

 **MuseumWellBeing**