

Stonehill HAPPINESS WEEK CHALLENGE

PERFORM A RANDOM ACT OF KINDNESS	LISTEN TO A PODCAST OR MUSIC	SPEND A MOMENT ENJOYING NATURE	COMPLIMENT SOMEONE	ATTEND MINDFUL BREATHING OR MEDITATION
DO SOMETHING CREATIVE	EAT A HEALTHY SNACK	SHARE A POSITIVE STORY WITH SOMEONE	DO SOME YOGA OR MEDITATION	CALL A FRIEND
ATTEND A WELLNESS EVENT	READ A BOOK	GO ROCKCLIMBING	WRITE DOWN WHAT YOU LOVE ABOUT YOURSELF	TAKE A WALK OR ATTEND HISTORICAL WALK
STAY HYDRATED	GO TO A FITNESS CLASS	TAKE TIME TO JOURNAL	CONTRIBUTE TO A COMMUNITY PUZZLE	WAKE UP 15 MINUTES EARLY TO START YOUR DAY
OFFER YOUR TIME TO SERVE THE COMMUNITY	TIDY YOUR SPACE	SPEND YOUR TIME BEFORE BED WITHOUT YOUR PHONE	MINDFUL EATING OR HAPPY PRESENTATION	WRITE A GRATITUDE LETTER

YOUR HAPPINESS MATTERS

Complete your BINGO sheet by performing tasks on your own and attending the events below, and get entered to win dozens of prizes including: spa gift cards, happy lights, salt lamps, Playa Bowl gift cards, and more!

**You'll be entered once for each completed vertical, horizontal, or diagonal*

MON:
BE PRESENT

- Mindful Eating
- Happy documentary

TUES:
CONNECT

- Art of gratitude
- Board games
- Mindful yoga

WED:
BE KIND

- KIND Bars
- Cup of kindness
- Mario Kart

THURS:
BREATHE

- Coloring
- Guided meditation
- Puzzles, coloring, cocoa

FRI:
GET MOVING

- Hula hoop contest
- Walk & smoothies
- Rockclimbing