

# Environmental Wellness Bingo

Use a reusable water bottle	Walk 1 mile	Recycle a can	Recycle a plastic bottle	Go for a hike
Pick trash up from the road	Turn off the lights	Unplug for 2 hours	 Read a book	Turn off water when brushing teeth
 Recycle your clothing	Buy local produce		Take a 2 minute shower	Take a trip to a park
Recycle a can	Recycle cardboard or paper	Unplug 1 hour before bed	Recycle something plastic	 Walk 2 miles
Declutter your office space	Recycle shopping bags	Use a reusable shopping bag	Pick up trash that is not yours	Turn off all unneeded electronics

Visit [winterstreak.org](http://winterstreak.org) for resources and tools to support many of the activities listed above.

