

Campus Living Well Bingo



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Find a New Lunch Spot on Campus	Somebody to Join You to a Living Well Activity.	Take an Active Mode of Transportation to Work (i.e., bike, walk)	Have a Meeting Outdoors	Visit the Angry Goose Food Truck
Gratitude Walk. Walk with a colleague and spend the time strictly sharing things you are grateful for this week	Connect with Somebody about the World Cup 2026!	Find a Quiet Bench. Read a book or listen to a podcast on a bench outside	Find the Concrete Western Gate. Walk to the main campus entrance at Richmond Street and take a team selfie	Visit Your Favorite Outdoor Spot on Campus
Check Out a New Space on Campus	Visit one of the Gardens on Campus	FREE SPACE 	Go for a Walk Along the Thames River	Snap a Photo at UC Hill. Snap a team photo near the historic University College Hill
Stroll the Beryl Ivey Garden. Take a peaceful breather in the University College floral garden	Ergonomic Checkup Outdoors. Take a 5-minute break outside to do shoulder rolls and neck stretches away from your computer screen	Visit a Campus Cafe with a Colleague	Repeat Your Favorite Activity	Nature Scavenger Hunt. Snap a picture of 3 different types of local wildlife or trees you spot on campus
Wave to the McIntosh Gallery Walk by Canada's oldest university art gallery and admire the outdoor sculptures	Complete a Living Well 10-Minute Break: Living Well @ Western offers short guided movement breaks you can do outside	Meet Someone in a Different Department!	Birdwatch by the Thames River Spot a blue heron, Canada goose, or local ducks along the campus riverbank trails	Healthy Recipe Swap Share a favorite summer recipe with a colleague over an outdoor lunch

Instructions: Challenge yourself to complete as many squares as you can. Once complete, **upload it [here](#)** to be entered into a draw for a prize! Also, for every column completed, you will receive internal wellness rewards points!