

# ITAC SUMMER BINGO

Fun, healthy, and free ways to make the most of summer!

Read a book outside	Take a 24-hour break from social media	Bake something from scratch	Make a playlist of your favorite summer songs	Say "no" to something that doesn't feel right
Go for a walk or run	Drink only water for a day	Write a letter to your future self	Watch a throwback or classic movie	Try a new fruit or healthy recipe
Try a meditation app or calming music	Try a DIY craft or art project	Free Space! Be proud of yourself!	Call or text someone you've lost touch with	Learn a random skill on YouTube or TikTok
Watch the sunrise or sunset	Write a journal entry	Take 5 fun summer photos	Do something kind for someone else	Declutter or reorganize your room
Spend 30 minutes in nature	Make a summer vision board	Dance to your favorite song	Host a game night (virtual or in person)	Learn something new just for fun