

# Digital Wellness

## B I N G O

No phone at dinner	Go outside for 30 minutes	Invite a friend to do something screen-free	Draw or doodle for 10 minutes	Read a book for 20 minutes
Turn off notifications for all apps	Take a mindful walk	Share one digital wellness tip with someone	Ask Ginko or other expert a question	Listen to a podcast instead of scrolling
Delete an app that no longer serves you	Do a 5-min breathing exercise	Ask a family member about their day	Write in a journal	Try a new hobby offline
Screen-free morning routine	Drink only water today	Play a board or card game	Bake or cook with family	Call a friend instead of texting
No screens 1 hr before bed	Try a new fruit or veggie	Encourage a friend to unplug	Make a gratitude list	Hand write a note to a friend



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