

wellness lite: a game

dozens

a *43beans* joint

You will need two distinguishable coins. One is your BODY coin, and the other is your MIND coin. Flip them both.

Body	Mind	Result
H	T	Do a physical activity
T	H	Do a mental activity
H	H	Do both
T	T	Say something nice about yourself and flip again

Some physical activities:

- ☞ Stand up and reach for the sky, do some side bends.
- ☞ Go for a short walk.
- ☞ Drink some water.
- ☞ Roll your wrists and massage your hands.
- ☞ Touch your toes and dangle. sway side to side.
- ☞ Choose your own.

Some mental activities:

- ☞ What are you grateful for?
- ☞ Imagine your favorite place.
- ☞ Take 12 mindful breaths.
- ☞ Imagine happiness, health, and peace.
- ☞ Say hi to a friend.
- ☞ Choose your own.