

BRAIN WORKOUT BINGO CHALLENGE

Challenge your mind and try something new each day! Complete five in a row—or aim to fill the whole board. Every activity supports mental fitness, creativity or social connection.

Play a word game	Try a new two-person board game	Complete a daily puzzle (crossword, Sudoku, etc.)	Learn three new words	Read for 20 minutes
Play a fun card game with friends	Attend a community activity	Share a story with a neighbor	Watch a documentary	Try a new hobby
Do a brain teaser or riddle	Listen to music and recall lyrics	FREE SPACE	Write a short note or journal entry	Try a new recipe
Take a mindful moment (deep breathing, reflection)	Play trivia	Do a creative activity (drawing, crafting)	Learn a fun fact	Talk about a favorite memory
Try a NYT game or app-based puzzle	Walk while observing your surroundings	Organize photos or keepsakes	Dance with a friend	Practice a memory game

Stay active, stay curious, and keep learning. Explore more everyday mental wellness opportunities with Solstice.