



Off-Season Bingo

This off-season is your chance to level up - not just in your sport, but in how you think, rest, recover, and grow. Each square is a step toward becoming a stronger, more balanced athlete - mind and body. Let's put mental wellness in the game.

Go for a walk without a device

Compliment someone sincerely

Reflect on how you manage the mental demands of sport

Do a household task without being asked

Pick up litter around your neighborhood or arena

Call a teammate to check in

Share a positive story about a teammate

Try a new hobby

Tell a teammate something that made you laugh whole heartedly

Spend meaningful time with a family member

Drink 8 glasses of water

Set a goal for something you want to work on this season

Free

Journal about your reason to play

Write a thank you note to someone

Make a healthy breakfast

Try a new healthy recipe

Practice positive self talk for one minute

Tell someone why they matter to you

Do one random act of kindness

Take a Social media break for a day

Write down 3 things you are grateful for

Plan your weekly schedule to balance rest and training

Journal about what motivates you to play

Spend 15 minutes relaxing with music or a podcast