

COGNITIVE FLEXIBILITY BINGO

Challenge yourself to be flexible!

Brush your teeth with your non-dominant hand	Buy a new brand of cereal	Play Bananagrams	Put your clothing on in a different order	Wear mismatched socks
Sit in a different seat at the dinner table	Leave homework unfinished and come back to it later	Draw a picture with your non-dominant hand (bonus points if you give it to someone)	Do a word search	Fast forward a few minutes on a TV show you're watching
Leave out one detail when you're telling a story to someone	Try a new food (bonus points if you have someone else choose the food for you)	Stretch it out with some physical flexibility	Sit on a different side of the car	Skip a paragraph while reading
Start a TV show 5 mins in	Walk a different path/route to school/class	Eat at a new restaurant	Discover a new part of your town/city	Tell a story backwards
Download the spin the wheel app and make a wheel for self-care activities	Pour your milk before your cereal	Order your food before you order a drink	Listen to a musical out of order	Change the background on your phone