

# Resiliency



Level 2: Invest

resiliency /rə·zil·yuhn·see/  
the capacity to recover quickly from difficulties; toughness



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INVEST in loved ones, careers, passions, hobbies, faith, community, health, well-being, and more!  
*Invest in living your best, joyful, purposeful life!*

A game of renewal, reflection, and resiliency during this unprecedented time. Find opportunities amidst the challenges. Resiliency Bingo allows us to pause, reflect, and invest in our best lives!

## How to Play:

- Download the board (print or play on the PDF.)
- Choose one box or activity to accomplish, corresponding to one of the I-N-V-E-S-T categories.
- Every time you complete an activity, click or mark an "X" over the box to indicate your accomplishment. Don't forget to showcase your accomplishment(s) on social media! \*\*Tag @fitreadytogo and your friends!
- When you've accomplished six consecutive activities (row, column, or diagonal), CELEBRATE virtually by letting us know on twitter @fitreadytogo or on www.facebook.com/FITreadytogo/. Share photos of you and your Resiliency Bingo! board.
- Keep going! Finish all activities on your board and send a picture to info@fieldinnovationteam.org. Tell us how you are doing - our team wants to learn about your resilience.
- For some ADDED fun, have your neighborhood join by placing your printed bingo card in your window. Encourage members in your community to play!

I	N	V	E	S	T
Improve	Neighbors	Volunteer	Explore	SESQUIPEDALIA - a very long word I put into practice!	TEAMS - Technology, Engineering, Arts, Math, Science
Make one change in your meal-planning to improve your diet!	Use sidewalk chalk to leave friendly, encouraging messages for your neighbors.	Call your FoodBank! Find your local foodbank using the locator on Feeding America's website.	Explore the joy of solitude.	vorfrende - feeling of ecstatic joy when imagining future pleasures	TECHNOLOGY. Mentor someone by introducing them to the virtual world & web conference.
Connect with your loved ones; use this time to improve & enrich a meaningful relationship.	Call your neighbor once a week to check in and offer assistance.	Find a local opportunity: <a href="http://www.volunteermatch.org/covid19">www.volunteermatch.org/covid19</a> or <a href="http://www.pointsoflight.org/">www.pointsoflight.org/</a>	Explore close relationship(s) from 6-10 ft distances! Be creative & celebrate your closeness uniquely!	mudita - feeling unselfish joy for others; finding joy in the happiness and success of others	ENGINEERING. Tackle a DIY project at home.
Be aware of your needs & learn/practice how to meet them- physically, mentally, & spiritually.	Host a *limited #* neighborhood party... with lawn chairs spaced 6-10 ft apart.	Offer to host kids' story-time so their parents get a reprieve. If you are a parent, rotate the schedule!	Explore the beauty of the night sky! Befriend the moon in all her phases, planets, constellations, stars, comets, & other celestial bodies!	strikhedonia - taking pleasure in being able to say "to hell with it!"	ART. Create a visual, for a window display, showing your gratitude to deliverers & other essential service providers.
Improve your space at home by cleaning, rearranging furniture, decluttering, etc.	Leave a personal sticky note on your mailbox to thank your mail carrier.	If you can, make donations, buy restaurant gift cards, tip generously.	Explore the nature in your yard! Learn the names of your plants, birds, bugs & more!	eudaemonia - flourishing or prospering from a well-lived and active life	MATH. Budget for the short-term & long-term. Find a way to set aside some *fun* fund\$!
Make one change in your workout routine to increase physical activity or improve your health!	Offer to walk the neighbor's dog.	If you are healthy, donate blood! Encourage healthy people to donate blood.	Explore a new look! Try giving yourself a haircut! Try a new shave or grow facial hair! Try a new makeup look!	oenemel - combining sweetness with strength	SCIENCE. Find recipes to make your own soap, hand sanitizer, & disinfectant wipes.
Commit to improving your posture & breathing. Everyone can do this to create positive longterm effects.	Share a book, DVD, CD, etc. with a neighbor.	Tap into local networks, like Meals-on-Wheels & offer to deliver food, supplies, etc. to those without access to delivery services.	Explore your junk drawers, closets, & rooms! We guarantee you will discover treasure or new spaces!	meliormism - believing that the world can be made better by human effort	TEAMS. Engage in an activity related to 1 of these: astronomy, biology, gardening, geology, or wildlife-watching.

Name:

Email:

Location: