

# Intellectual Wellness *Activity Sheet*

- ☐ Do a word search
- ☐ Draw what you see
- ☐ Eat salmon
- ☐ Finish a puzzle
- ☐ Breath deeply
- ☐ Have dinner with a neighbor
- ☐ Join a class
- ☐ Join a social group
- ☐ Write down what you did today
- ☐ Listen to music
- ☐ Play a board game
- ☐ Practice another language
- ☐ Read a book
- ☐ Watch a documentary

## Additional activities

## Notes: