

### Beginning Anew Bingo

	Flower Watering	Express Regret	Share a Hurt	Request Support	Bonus Flower Watering
1	Share with a friend a time they said something that supported you	To someone for not keeping a commitment	Tell a friend how it felt when you were left out	Ask a friend to help you maintain a healthy habit	Offer to pick up some groceries for someone the next time you go out
2	Tell a friend that you notice their effort in something	To a friend for speaking out of anger	Tell someone how it felt when your situation wasn't considered	Ask a friend to listen to you share about a difficulty	Clean up a common space
3	Share with someone a quality you admire about them	To a friend about a time you weren't as supportive as you could have been	Tell a friend how it felt when their speech wasn't kind	Ask someone for a favor	Cook someone a meal
4	Share your appreciation with someone for a time they helped you	To a friend about a time you weren't as vulnerable as you could have been	Tell someone how it felt when a promise wasn't kept	Ask someone to share about a behavior of theirs that causes you difficulty	Help out someone else with their chores
5	Tell a friend about something you notice that they enjoy	To someone about a time you weren't as appreciative as you could have	Tell someone how it felt when they didn't offer their help	Ask someone to stop a behavior of theirs that causes you difficulty	Fix something in the house that needs to be fixed

## Instructions

**Step 1:** Begin with the Flower Watering Column. Roll a dice and complete the task described in the row that corresponds with the dice roll with someone you are sharing space with. Or, if there is no one in your space, call, text, or Zoom someone. The person doesn't need to know that you are doing Beginning Anew with them, but you can tell them if you want to. If you roll a six, you may choose any task in that column.

**Step 2:** Check in with what is going on inside the body after completing the task.

**Step 3:** Cover the square with the completed task with a token or coin.

**Step 4:** Repeat steps 1 - 3 for each column.

**Step 5:** Repeat this sequence until you've covered five boxes in a row either vertically, horizontally, or diagonally.

**Prizes:** The first 4 winners to share their completed Bingo card on the retreat message board will be awarded a piece of original Sugarplum art!