

## 2-4-6-8 Appreciation BINGO

Thank someone for their positivity	Thank someone who cared for you when you were sick	Thank your favorite Houston restaurant	Show appreciation to a personal or professional mentor	Thank a health care worker
Thank a friend for hanging out	Show appreciation to someone who keeps you accountable	Thank someone who works in public service	Thank someone who made you laugh	Thank the person who helped raise you
Show appreciation to someone who's inspired you	Thank your favorite author or influencer	<b>FREE Thank yourself for being Grateful!</b>	Thank your favorite UH department on their social media	Show appreciation to someone who encouraged you
Thank someone who helped you learn a new skill	Show appreciation to someone who made you reflect	Thank someone for keeping it real	Thank someone who has employed you	Thank someone who recommended a good book
Thank the friend who's tried to cheer you up	Thank a professor for their class	Show appreciation to a local organization in media post or email	Thank someone who supports your mental health	Show appreciate to a friend who sent you a clever meme