

2026 DAY OF GIVING & REFLECTION BINGO

The Day of Giving & Reflection is about pairing action with thoughtful reflection. Throughout the month of June, see how many challenges as you can complete, mark them off, and reflect on how these moments support Social Drivers of Health—personal, social, and environmental factors that impact health outcomes.

Pick up trash in your community	Contribute to a local Little Free Library	Connect with a neighbor or someone new	Participate in a Buy-Nothing group	Donate food
Write a thank-you note	Volunteer	Try a new cuisine	Learn local Native history	Support a small business
Attend a library event	Spend time in nature (no phone!)		Sign a petition	Do a secret kindness
Learn a new skill	Reflect on your “Why”	List 5 daily positives	Borrow instead of buy	Contact an elected official
Donate clothes or furniture	Learn about another culture	Use your strengths to help others	Donate blood	Listen to new music