

5 WAYS TO WELLBEING BINGO

HOW TO PLAY:

You can play on your own or with friends and family... For one week, colour in or tick a star for each activity you complete. The highest score wins!



WENT TO BED ON TIME AND GOT PLENTY OF SLEEP



DID OR SAID SOMETHING FUNNY TO MAKE SOMEONE LAUGH



TOOK TIME OUT TO WATCH THE CLOUDS OR THE STARS



HUGGED A PERSON OR PET I LOVE



PLAYED, WALKED OR DID A SPORT OUTSIDE



TALKED WITH A FRIEND OR SOMEONE I LOVE



STRETCHED, WIGGLED OR DID SOME YOGA



READ A BOOK OR WATCHED A TV SHOW I ENJOY



HELPED OUT AT HOME OR AT SCHOOL



PAUSED AND DID A BREATHING EXERCISE



SAID THANK YOU TO SOMEONE FOR SOMETHING KIND THEY DID



COUNTED THREE THINGS NEARBY THAT MAKE ME HAPPY



SAID HELLO TO SOMEONE NEW, OUT AND ABOUT OR AT SCHOOL



DANCED TO MY FAVOURITE MUSIC



ATE PLENTY OF FRUIT AND VEG, AND DRANK ENOUGH WATER

