

# WELLBEING

## Bingo

Name: \_\_\_\_\_

Drink 8 glasses of water

Go for a walk

Read 10 pages of a book for enjoyment

Eat 2 pieces of fruit

Say out loud 3 things you are grateful for

Sit and enjoy a warm drink

Take 10 deep breaths

Learn at least one new thing today

Carry out one random act of kindness

Clean your learning space

Call a friend

Have a break from social media for 1 hour

  
FREE SPACE

Practice Yoga

Send a text to someone you haven't seen in a while

Learn a new skill

Help the people you live with cook a meal

Meditate for 5 minutes

Listen to a song you love

Set 3 goals for the day

Make your bed

Dance in your room like no one is watching

Write down 2 things you love about yourself

Do some mindful colouring

Work on a project!