

# 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

