

# Wellbeing Bingo 1

Be well

Colour or tick a box in the grid as you complete an activity.  
Try to make a connecting horizontal, vertical or diagonal line.  
Can you complete a second line?

Lie on your back somewhere you can see the sky. Look for shapes in the clouds.	Munch and crunch on some nice, cold ice.	Create a feelings chart - draw a picture for happy, sad, excited and as many other feelings you can think of.	Draw a self-portrait and list three things you like about yourself.	Find your favourite space in your home or outside and spend 20 minutes reading or looking at a book.
Be a bunny breather - squat, hop, squat, hop - twitch your nose up and down as you take quick little bunny sniffs.	Do 20 minutes of exercise (outside if you can). It might be skipping, running, hopping, walking, jumping.	Make animal shapes with your hands.	Write a letter to a tree that you like. What would you say to that tree? Read it to the tree.	Tell someone why they are special to you.
Tell a joke to someone to cheer them up.	Sit down for 5 minutes, massage your temples, wriggle your toes, wriggle your fingers.	Write an electronic letter or make a card for a friend and send it.	Listen to your favourite fast-paced song. Jump, dance, twist and twirl along to the music!	Look or go outside and notice the weather - make a chart and fill it out each day for a week.
Walk around slowly and touch 10 different objects like a table, stones, grass. How are they the same or different?	Create a dance routine to your favourite piece of music.	Drink a glass of water slowly. Take small sips. Notice the feeling as it goes down your throat.	Say the alphabet slowly. Can you say it backwards?	Spend some time observing a plant or animal and write a poem or short story.
March on the spot, count up to 20 and then count backwards to 1.	Find somewhere quiet to sit and breathe in, hold your breath for 3 seconds, breathe out and hold for 3 seconds. Do this for 5 minutes.	Lay down and put a stuffed animal on your belly. Take deep breaths to move the stuffed animal up and down.	Do something to help someone in your family. Think of creative ways you can compliment or thank people who have helped you.	Listen to your favourite slow-paced song. Sit or lie very still with your eyes closed. Listen to the words. Hear the instruments.



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