

Wellbeing Bingo 2

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?

Take a pencil and paper to each room in your house and write down all the numbers that you find displayed. Bonus points for adding them all together.	Draw and colour a sun, a white cloud, a black cloud, some water droplets and wiggly lines for wind. Now go outside and circle the ones that match today's weather.	Find a plastic zoo animal, toy car, doll or dinosaur. You will also need sunlight, pencil and paper. Sit your toy so that it casts a shadow onto your paper. Trace around the shadow.	Take a sensory adventure - touch something that feels rough, listen for a loud noise, what you can smell in the air? Taste something nice then look up and describe what you see.	Design and make a musical instrument using rubber bands and an empty cardboard box. Make different sounds by tightening the bands.
Think of three things that you are grateful for. Write them down or tell someone what you are grateful for.	Go frogging! The best time to listen for frogs is in the first few hours after dark or when it is raining.	Remember the words to a song that you love. Think of a new line to the song.	Write a five lined rhyming poem to a friend who needs cheering up. Decorate your poem with a colourful border.	Stand up and do 10 impressive star jumps. If you can't do this try clapping your hands high above your head.
You will need paper and a pen. Write your name vertically down the page and write a positive word next to each letter of your name: J = Joyful - this is called an acrostic.	Stand like a flamingo (on one leg). Focus your eyes on one spot on a wall and see how long you can stand without wobbling. Try your other leg as well.	'Worry Away'. Write down something that has been worrying you on a piece of paper. Now crumple it up and pop it in the bin. Take a deep breath and smile.	Collect natural items in all the colours of the rainbow (red, orange, yellow, green, blue, indigo and violet). Make a collage from your collection.	Make a fist with each hand then slowly open your hands until your fingers are stretched out towards the stars. Repeat 10 times.
"I can handle anything" is a positive thought. Think positive thoughts and write down at least two.	Search for and hold a smooth stone that you find outside. Imagine how old it is and how it ended up in your yard.	Stand and do 20 pushups against a wall. WOW, well done!	Stop, close your eyes and listen. Listen for close sounds and listen for sounds that are far away.	Breathe like a Yoga Master. Take a deep breath in then say haaaaa as you loudly breath out.
Design and colour a flag that best represents you and your family. Limit the colours of your flag to just three.	Go outside and collect different leaves that you find. Now create an imaginary garden collage using pencils, paper and glue for the leaves.	Put your left hand on your right knee and your right hand on your left knee. Switch 10 times as fast as you can.	Finish this sentence "I will make today special to me by.....".	Google 'Origami for kids' and using a piece of coloured paper make a simple origami animal such as a whale.



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