



Wellbeing Bingo 3

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?

Design a treasure hunt with at least five written clues that you can hide in or around the house.	Write your own 'Knock Knock' – 'who's there' joke.	Take a minute or two to visualise your perfect world. Smile when you have happy thoughts.	Use pencils and paper to design your dream tree house.	Create a quick rap song about something that you enjoy doing.
Draw hearts on paper big enough to write kind messages to friends and family. Cut them out and leave them where they can find them.	Check your posture? Stand with your heels and head against a wall. You should be able to gently press your shoulders against the wall.	Discover the average age of the people living in your house by adding up everyone's age and dividing that by the number of people.	Grab a pencil and paper. Go outside and write down how many birds you can see and what they are doing.	Design a simple self watering system for an indoor plant so that it could be left for two weeks during the summer school holidays.
Design a find-a-word puzzle using words that you would associate with the outside environment – 10 words minimum.	Using newspaper and sticky tape create a four legged table that can support a small object.	Tidy your working space and go for an energetic walk to refresh your mind and thoughts.	Make like a kangaroo and jump around the room – if that's too noisy try scurrying across the room like a mouse.	Plan and write a menu and shopping list for a family meal that you could prepare by yourself.
Design a worm farm that could be used by your family to recycle food scraps. Bonus points for researching foods suitable for worms.	Check the 'Return and Earn' recycling container at home and add up how much money there is for the family to collect.	Stand with your feet in line with your shoulders. Bend gently and slowly keeping your legs straight and see if you can touch your toes.	Get permission to look at packets of food found in your pantry. Make a list of the products and their weights until you have 500g of products.	Design a simple board game like snakes and ladders using questions about animals and their environment.
Measure the height, width and depth of something in your house. Draw and label the object with your measurements.	Try these exercises. Rotate your wrists, move your shoulders up and down, shake your hands and wiggle your fingers.	Find an empty container to hold your 'happy thoughts'. Write a positive comment about your day and place it safely in it.	Draw a flower that has five petals with a circle in the centre to write your name. List an activity that you love doing in each petal.	Find a chore that you can do for someone else that will make you feel helpful, like getting the clothes off the line.

