

WELLNESS BINGO

During half term it is really important that you take some time to do the things that you enjoy but also to think of others. See how many of the following activities you can do during the week. Cross off as you complete them!

<p>Play a game</p> 	<p>Perform a random act of kindness</p> 	<p>Laugh (tell a joke or speak to someone who always makes you laugh)</p> 	<p>Go for a walk or run</p> 
<p>Write down 5 things you are grateful for</p> 	<p>Read a book</p> 	<p>Have a no gadget evening</p> 	<p>Practice a new skill – see if you can improve</p> 
<p>Go to bed early</p> 	<p>Write down 5 things you are most looking forward to doing</p> 	<p>Ride a bike or scooter</p> 	<p>Pay someone a compliment</p> 
<p>Do some yoga or relaxation exercises</p> 	<p>Write a thank you note to someone special</p> 	<p>Listen to music (and dance like no-one is watching you)</p> 	<p>Be creative (bake a cake, do a jigsaw, draw a picture)</p> 