

Wellbeing Bingo

Play our wellbeing bingo by crossing off the activities you've done in the last week. You can also add your own ways that you look after your wellbeing to the blank squares.

In the past week I have...

add your own



Made sure to rest



Spent time with family/friends



Listened to my favorite songs



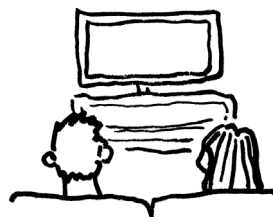
Spent time outdoors



Read a good book



Watched a great movie/TV show



Eaten something delicious



Exercised



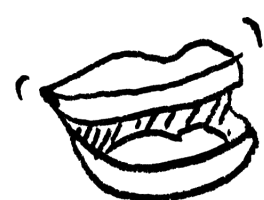
Stayed hydrated



Drawn a picture



Had a good laugh



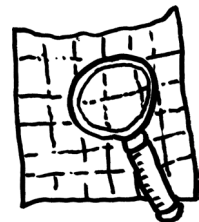
Danced



Looked after myself



Explored a new place



add your own

Illustrations by Jen Springall