

 <p>Spend time outside</p>	 <p>Drink plenty of water</p>	 <p>Play with a furry friend</p>	 <p>Have a nice treat</p>
 <p>Do some exercise</p>	 <p>Read a good book</p>	 <p>Do some dancing</p>	 <p>Eat something delicious</p>
 <p>Spend time with someone at home</p>	 <p>Draw a picture</p>	 <p>Watch a great movie/TV programme</p>	 <p>Laugh until your cheeks hurt</p>
 <p>Listen to a favourite tune</p>	 <p>Sing in the shower</p>	 <p>Find some treasure</p>	 <p>Have a good sleep</p>

See how many of these activities you can complete and colour them in once you have done them

Can you get 4 in a row in 2 days

Or

A full house in a week?

**Wellbeing bingo – adapted from young minds.org.uk**

*If you can, send in pictures of what you have achieved.*