

WELLBEING BINGO

#HelloYellow

Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

Sung in the shower



Played with a furry friend



Had a good sleep



Spent some time with my family/friends



Listened to my favourite tune



Read a good book



Watched a great movie/TV show



Eaten something delicious



Done some exercise



Stayed hydrated



Drawn a picture



Laughed until my cheeks hurt



Spent some time in a park



Danced



Treated myself



Visited somewhere new

