

WELLBEING

Bingo

Name: _____

Drink 8
glasses of
water

Go for a
walk

Read 10
pages of a
book for
enjoyment

Eat 2
pieces of
fruit

Say out loud
3 things you
are grateful
for

Sit and
enjoy a
warm drink

Take 10
deep
breaths

Learn at
least one
new thing
today

Carry out
one
random
act of
kindness

Clean your
learning
space

Call a
friend

Have a
break from
social
media for 1
hour


FREE
SPACE

Practice
Yoga

Send a text
to someone
you haven't
seen in a
while

Learn a
new skill

Help the
people you
live with
cook a
meal

Meditate
for 5
minutes

Listen to a
song you
love

Set 3 goals
for the day

Make your
bed

Dance in
your room
like no one
is watching

Write
down 2
things you
love about
yourself

Do some
mindful
colouring

Work on a
project!