

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...

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|--|--|---|--|
| <p>Sung in the shower</p>  | <p>Played with a furry friend</p>  | <p>Had a good sleep</p>  | <p>Spent some time with my family/friends</p>  |
| <p>Listened to my favourite tune</p>  | <p>Read a good book</p>  | <p>Watched a great movie/TV show</p>  | <p>Eaten something delicious</p>  |
| <p>Done some exercise</p>  | <p>Stayed hydrated</p>  | <p>Drawn a picture</p>  | <p>Laughed until my cheeks hurt</p>  |
| <p>Spent some time in a park</p>  | <p>Danced</p>  | <p>Treated myself</p>  | <p>Visited somewhere new</p>  |

Illustrations by Jen Springall