

When you complete each well being activity feel free to cross them out or highlight them on this wellbeing bingo card to keep track of what you have and haven't done. Use the 'anything extra' space to make a note of anything else extra you have done to keep your mind and body healthy.

<p>Activity 1</p> <p>Feel good music.</p> 	<p>Activity 2</p> <p>Dear ...</p> 	<p>Activity 3</p> <p>Leave a special message</p> 	<p>Activity 4</p> <p>I love</p> 	<p>Activity 5</p> <p>My strengths are</p> <p>STRENGTH</p>
<p>Activity 6</p> <p>Hope clouds</p> 	<p>Activity 7</p> <p>Connect with nature</p> 	<p>Activity 8</p> <p>I am proud</p> 	<p>Activity 9</p> <p>Let's be positive</p> 	<p>Activity 10</p> <p>Mindfulness and breathing</p> 

Activity 11

Vision board



Activity 12

Gratitude



Activity 13

Picnic time



Anything extra

Anything extra