

LET'S CONNECT AND PLAY

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. Take it in turns to name one thing you have done and make a row.

IN THE PAST WEEK I HAVE ...

<p>Sung in the shower</p> 	<p>Played with a furry friend</p> 	<p>Had a good sleep</p> 	<p>Spent time connecting with family and 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>Created a piece of art</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> 