

# Wellbeing Bingo

How many can you tick off this week?

<p>Read a book</p> 	<p>Go outside and sketch or draw</p> 	<p>Help make dinner</p> 	<p>Try a new Go Noodle exercise</p> 	<p>Make someone smile</p> 
<p>Call a relative on the phone</p> 	<p>Make your bed</p> 	<p>Do something crafty</p> 	<p>Eat something delicious</p> 	<p>Watch a movie</p> 
<p>Go for a walk</p> 	<p>Learn to count to five in a different language</p> 	<p>Have a dance</p> 	<p>Clean your room</p> 	<p>Play a board game</p> 
<p>Laugh</p> 	<p>Eat a healthy snack</p> 	<p>FaceTime/Skype a friend</p> 	<p>Do something you love to do</p> 	<p>Happy Half Term</p> <p>from</p> <p>Southbourne Infant School</p> 