



The Sunny Heights Wellbeing Bingo Challenge

HOW MANY CAN YOU DO THIS WEEK?

Click on each square to be taken to a link that will give you ideas for each Wellbeing Bingo activity.

**COMPLETE A
'GO NOODLE'
MOVEMENT**



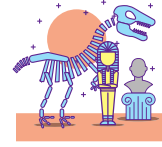
**COMPLETE A
MEDITATION
FROM 'NEW
HORIZON'**



**COOK A
DELICIOUS
MEAL**



**GO ON A
VIRTUAL
MUSEUM TOUR**



**SAY 3
POSITIVE
AFFIRMATIONS**
**BELIEVE IN
YOURSELF**

**MEMORISE A
MOTIVATIONAL
QUOTE**



**BUILD YOUR OWN
POSITIVE
PLAYLIST**



**LEARN THE
MEANING OF A
NEW WORD**



**LEARN ABOUT
YOUR BRAIN**



**CHOOSE A
CREATIVE ONLINE
WORKSHOP TO DO.**



**SIGN UP FOR
MINDFUL
MONTH**



**MAKE
ORIGAMI**



FREE

(CHOOSE YOUR OWN
WELLBEING ACTIVITY)



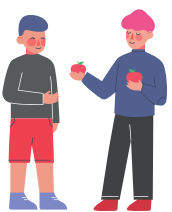
**START A
FAMILY
GRATITUDE JAR**



**TAKE 3 PHOTOS
OF SOMETHING
BEAUTIFUL**



**DO 3 ACTS OF
KINDNESS**



**MAKE A COLLAGE
FROM NATURAL
MATERIALS**



**DO SOME
RAINBOW DEEP
BREATHING**



**DRAW WHAT
YOU SEE OUT
YOUR WINDOW**



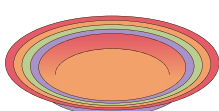
**DO AN OUTDOOR
SENSORY
SCAVENGER HUNT**



**LISTEN TO A
KIDS' PODCAST**



**EAT A
RAINBOW
PLATE**



**MAKE YOUR OWN
BOARD GAME**



**USE FAMILY
CONVERSATION
CARDS AT DINNER**



**GIVE SOMEONE
A COMPLIMENT**

