

A decorative border of colorful confetti surrounds the central text. The confetti includes yellow stars, blue and pink wavy lines, white asterisks, and small pink and yellow dots.

# LHS Wellbeing Bingo

Jemma O'Keefe 12 I

# Go for a walk – 9/9

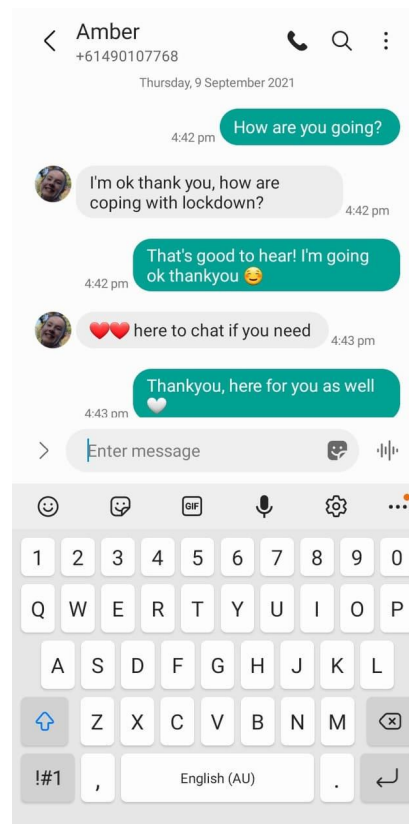


4:35pm  
09 SEP  
MOOROOLBARK

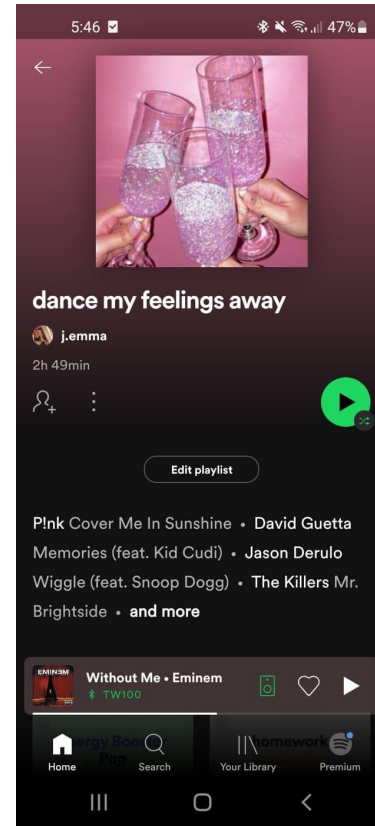
**Turn off all screens for  
an hour – 10/9**



# Text or email someone to check in – 9/9



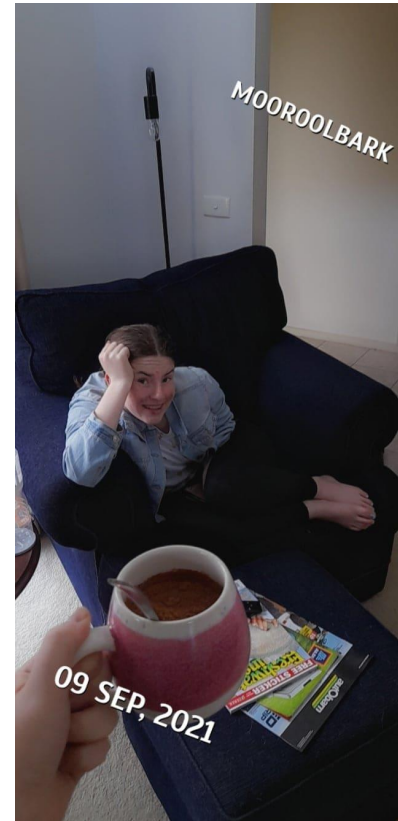
# Make a playlist of your favourite songs – 9/9



# Meditate for 10 minutes – 9/9

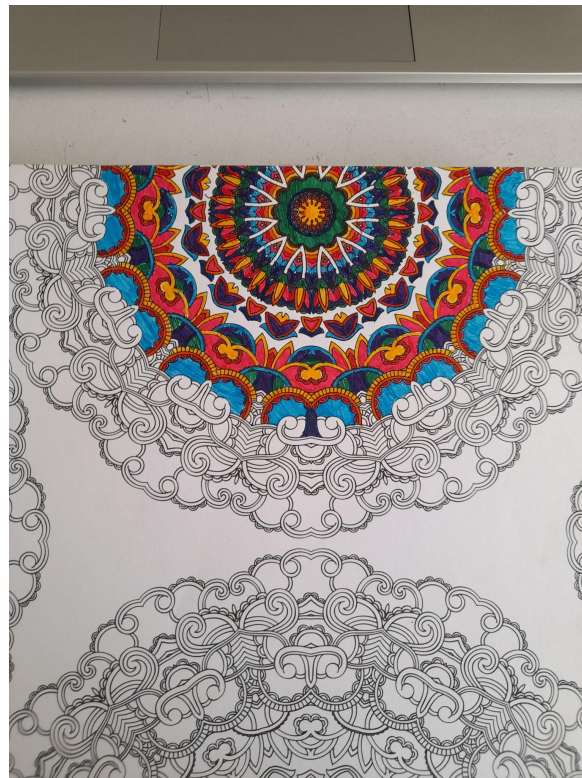


**Make a cup of tea for someone  
in your family – 9/9**




# Do a colouring in – 11/9

I spent like an hour on this, there are so many little areas!





# Learn a new art, craft, or skill on youtube – 10/9



03:22

Go Explore Oz [BOOK NOW](#)

Ad wotif.com

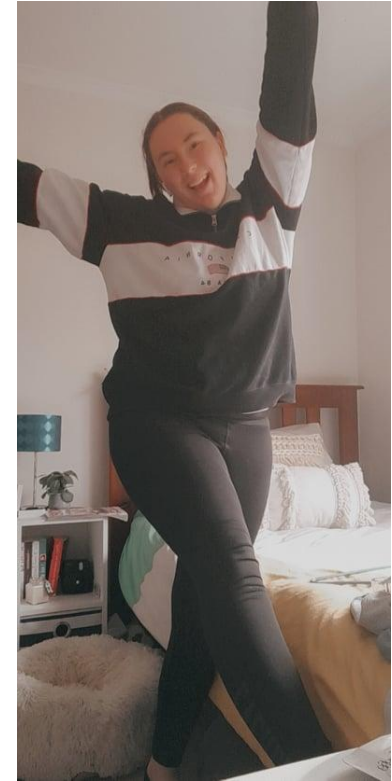
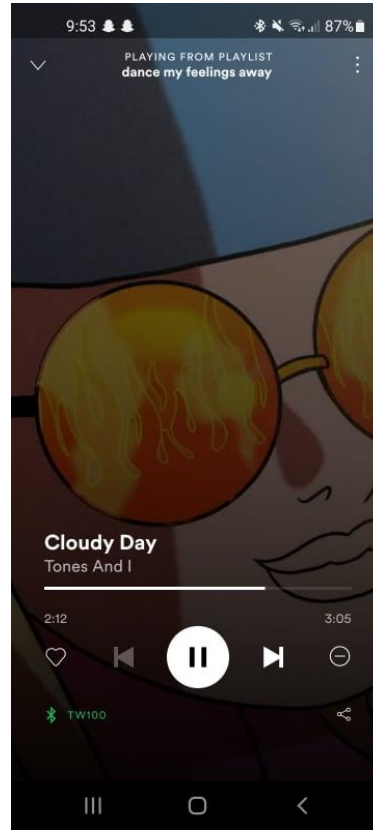
25-Minute Rumble No-Equipment Cardio-Boxing Workout

1M views · 2 years ago

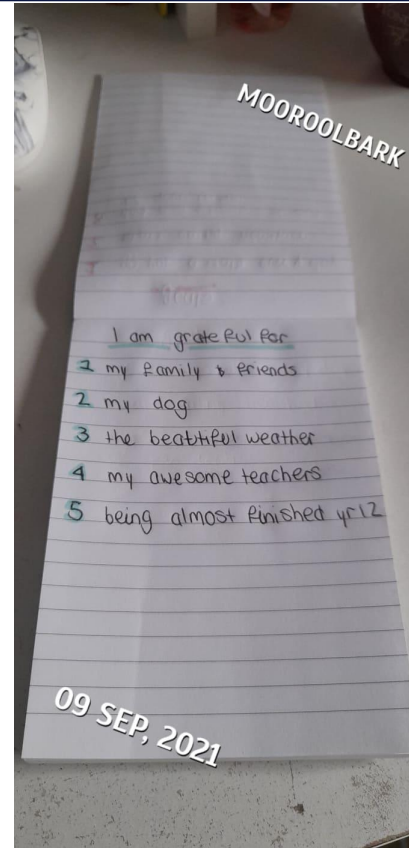
18K 428 Share Download Save

PS. POPSUGAR Fitness 5.81M subscribers [SUBSCRIBE](#)

# Dance to your favorite song – 10/9



**Write down 5 things you are grateful for – 9/9**



# Give up social media for a day – 11/9



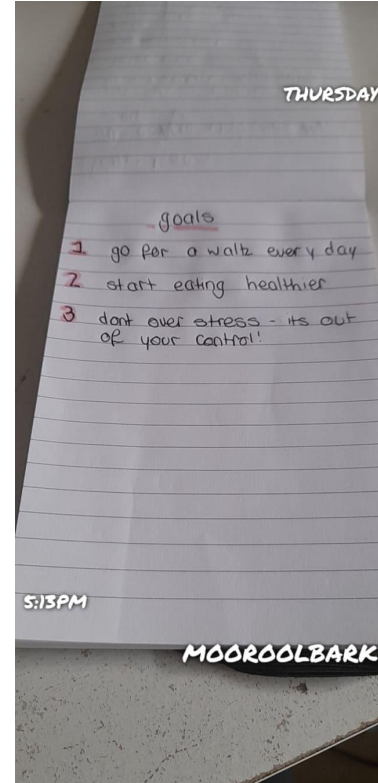
**Take a photo of something interesting outside – 10/9**



**Cook dinner for your family -  
10/9**



# Set 3 personal goals for the week - 9/9

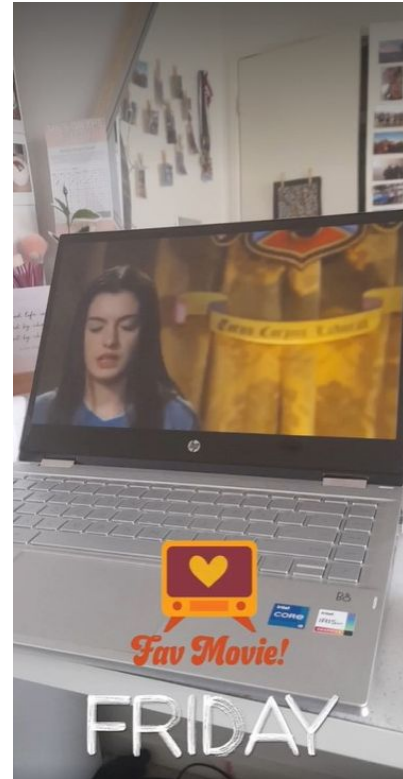


# Start a new book – 10/9

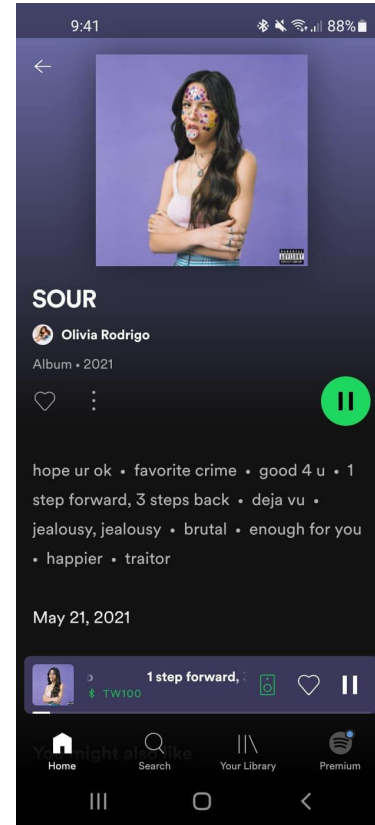




**Rewatch a favourite movie –  
10/9**



# Listen to your favourite album start to finish - 10/9



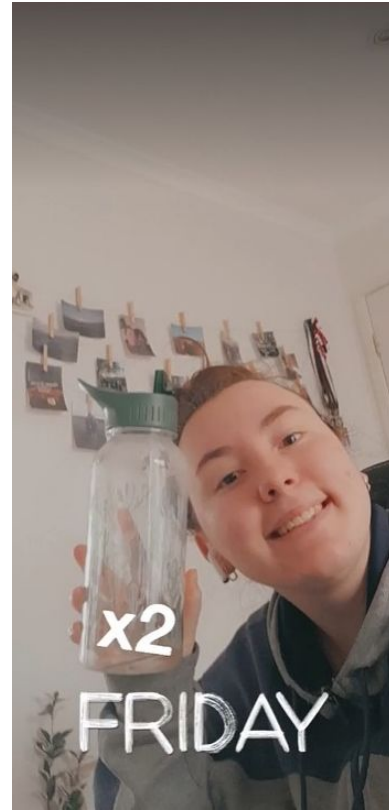
# Tidy your remote workspace - 9/9



**Spend an hour on one of your favourite hobbies –  
11/9**

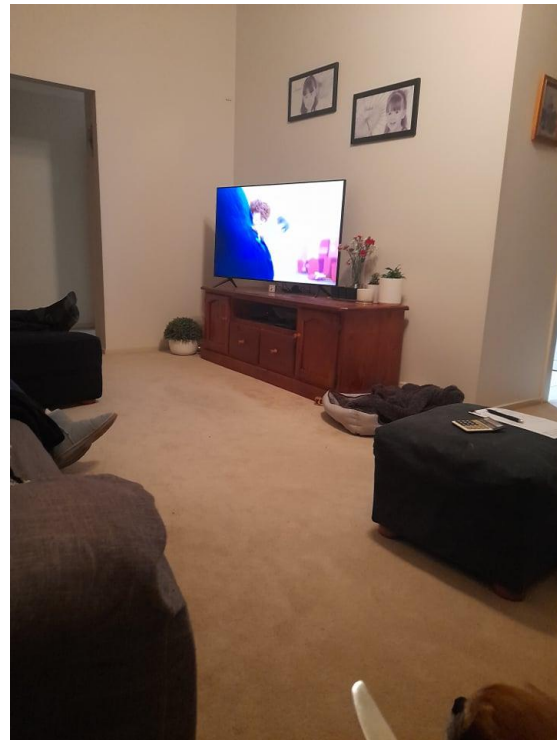


**Drink 2 litres of water in a day  
- 10/9**

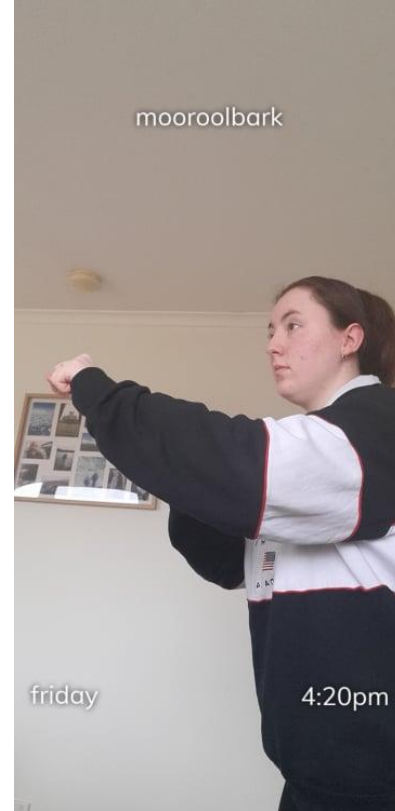


# Organise a movie night for your family – 10/9

We watched hotel transylvania 3, the picture isnt very clear haha



# Try a new form of exercise - 10/9

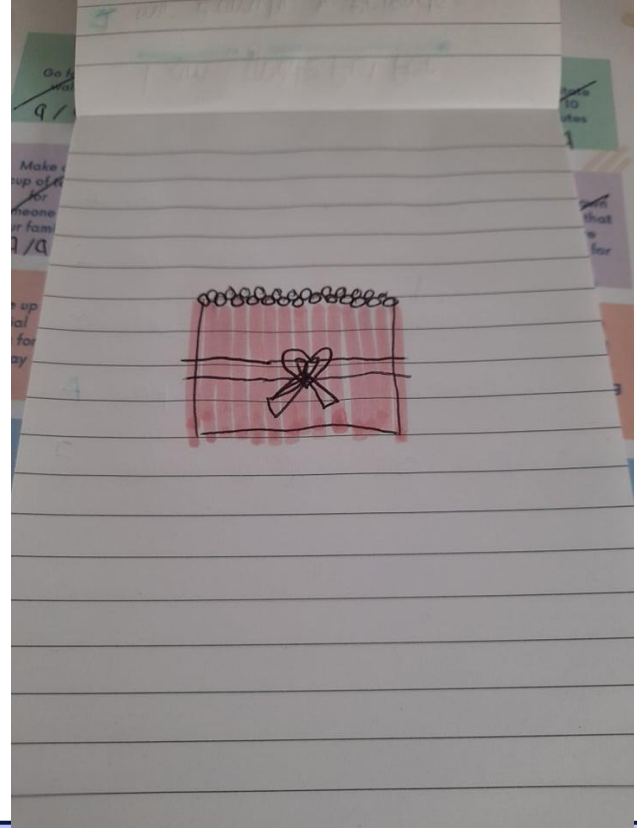


**Eat lunch mindfully – 10/9**





**Draw a picture of something  
that makes you happy –  
10/9**



## LHS Wellbeing

# Bingo

Go for a walk 9/9	Turn off all screens for an hour 10/9	Text or email someone to check in on them 9/9	Make a playlist of your favourite songs 9/9	Meditate for 10 minutes 9/9
Make a cup of tea for someone in your family 9/9	Do a coloring in 11/9	Learn a new art, sport or skill on YouTube 10/9	Dance your favourite song 10/9	Write down 5 things that you are grateful for 9/9
Give up social media for one day 11/9	Take or plant something interesting outside 10/9	FREE SPACE	Cook dinner for your family 10/9	Set 3 personal goals for the coming week 9/9
Start a new book 10/9	Rewatch a favourite movie 10/9	Listen to your favourite album start to finish 10/9	Tidy your parents workspace 9/9	Spend an hour on one of your favourite hobbies 10/9
Drink 2 litres of water in a day 10/9	Organise a movie night for your family 10/9	Try a few types of exercise 10/9	Eat lunch mindfully 10/9	Draw a picture of something that makes you happy 10/9