

well being bingo

FOR KIDS

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| Laugh out loud | Listen to a meditation | Do a yoga pose | Say self affirmations |
| Paint or draw | Pick some flowers | Do 'lion breath' | Help someone |
| Make a gratitude diary | List your talents | Make a mind glitter jar | Squeeze a teddy |
| Sing a song | Sit in silence and breathe | Have a warm bath | Go for a walk |
| Draw your happy place | Pop bubble wrap | Play a sport | Make someone laugh |