

# well being bingo

FOR KIDS

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