

St. Julie's

WELLBEING BINGO

PHONE
OR Message
A RELATIVE

Have a
PICNIC at
Home

have^z
a nap

Spring
Clean
Room

Do
SOMETHING
Creative

LEARN
SOMETHING
NEW

PRACTISE
YOGA
moves

Write
a
HAIKU

VIRTUAL
tour
OF A
Museum

TICK 3 THINGS
OFF YOUR
TO-DO
List

Make
someone
A CUP OF
TEA

10 THINGS
YOU'RE
Grateful
FOR



SHARE an
Inspirational
QUOTE OR
ARTICLE

Go to BED
1 HOUR
Earlier

RAINBOW
IN
YOUR
Window

look
A NEW
RECIPE

CUT DOWN
ON
Social
Media

Learn
A
DANCE
(TIK TOK?)

* Bake
some
TREATS *

WASH
YOUR
Hands

Go for
A
WALK

* Thank
A
Key Worker *

Read
A BOOK

Get
Dressed
UP
(Lancy dress?)