

Wellbeing Bingo

Have
a picnic
in the park

Plant a
new
flower or
vegetable

Visit a
community
garden

Plant
a
tree

Practice
daily
positive
thinking

Go on
a nature
walk

Meditate
for 10
minutes

Create a
wellbeing
space

Create a
bug hotel
or habitat

Take a
break and
enjoy the
peace

Recycle
your
waste and
repurpose
it

Enjoy your
outdoor
space with
friends

How many can you complete?