

Wellbeing Bingo

Try yoga
or tai chi
for
relaxation

Make a
new recipe

Plan a trip
to explore
somewhere
new

Make a mini
garden using
a plastic
bottle

Finish
reading a
new book

Practice
meditation
for 15
minutes

Welcome
two air-
purifying
plants into
your home

Journal
about your
day

Find a club
that looks
fun and
join!

Take some
pictures of
nature

Try a new
sport

Host a
summer
bbq

How many can you complete?