

Wellbeing Bingo

Try
container
gardening

Set 3 goals
you want
to achieve

Volunteer
for a
cause

Successfully
grow a
vegetable
and
document it

5 minutes
of daily
dancing

Try an
exercise
class like
Zumba!

Sing once
a day - it
releases
endorphins

New hobby
- e.g.
painting

Stargaze
in your
garden

Have a
self-care
day

Go to bed
early

Buy a new
candle for
your
wellbeing
space

How many can you complete?