

Sustrans School Programme

Wellbeing Bingo

Suitable for: Key Stage 3

You will need

- Paper
- Pen
- Phone/camera (optional)



Activity: Choose a wellbeing activity from the bingo card. Tick it off when you've done it. Complete 3 in a row to gain a line or work towards a 'full house' by completing the whole card.









Variations

- Create your own grid of activities that make you feel good and tick them off every time you complete one.
- Create a grid and send it to your friends to see if they can complete the challenge or create one for your household that you can complete together.



Wellbeing Bingo

Chose and complete an activity from the Bingo card. Try and complete '3 in a row' either vertically, horizontally or diagonally in a day or complete them all over a week to gain a 'Full House'.

<p>Ear Ear </p> <p>Close your eyes and listen to the sounds around you. Breathe slowly and focus on the sounds that make you feel calm.</p>	<p>345 Breathe</p> <p>Breathe in for 3 seconds, hold your breathe for 4 and breathe out for 5.</p> 	<p>Learn something new</p> <p>Maybe you've always wanted to ride a bike or say 'hello' in 5 languages. Now's your chance </p>
<p> Smile</p> <p>Smiling can help boost your mood so try and smile even if you don't feel happy.</p>	<p>Get active</p> <p>Exercise is not only good for your physical health. It increases energy levels and helps you to feel calm.</p> 	<p>Do something fun</p> <p>Take some time out to do something you enjoy. It can be as long or as short as you want.</p>
<p>Make someone's day</p> <p>Leave a positive note for someone you care about.</p> 	<p>Pump up the jam</p>  <p>Create a playlist of songs that make you want to dance.</p>	<p>Go green</p> <p>Go for a walk to a park or green space in your local area.</p> 



Wellbeing Bingo

Think about how can you include the 5 Ways to Wellbeing into your Wellbeing Bingo activity.



BE ACTIVE



TAKE NOTICE

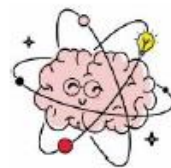


CONNECT



Do the activity with your family

KEEP LEARNING



Think about what you learnt

GIVE



Share your creations!

