

Wellbeing Bingo

Play our wellbeing bingo by crossing off the activities you've done to help your mental health. You can also play with your friends/family!

In the past week I have...

Sung in the shower



Played with a furry friend



Slept well



Spent time with family/friends



Listened to my favorite songs



Read a good book



Watched a great movie/TV show



Eaten something delicious



Exercised



Stayed hydrated



Drawn a picture



Laughed until my cheeks hurt



Spent time outdoors



Danced



Treated myself



Explored a new place



Illustrations by Jen Springall