

Children's Mental Health Week

Wellbeing bingo – can you try and cross all these out by the end of the week? If you don't have a pet, you could give someone in your family bubble a big hug ☺

<p>Sung in the shower</p> 	<p>Played with a furry friend</p> 	<p>Had a good sleep</p> 	<p>Called family or a friend for a chat.</p> 
<p>Listened to my favourite tune</p> 	<p>Read a good book</p> 	<p>Watched a great movie/TV show</p> 	<p>Eaten something delicious</p> 
<p>Done some exercise</p> 	<p>Stayed hydrated</p> 	<p>Drawn a picture</p> 	<p>Laughed until my cheeks hurt</p> 
<p>Spent some time outdoors</p> 	<p>Danced</p> 	<p>Treated myself</p> 	<p>Been for a walk without moaning.</p> 