

WELL-BEING BINGO

Get some fresh air	Have a healthy snack	_____ _____ _____ _____	Journal about my feelings	Smile or laugh
Talk to someone about my day	Make a craft	Start and finish a task or a chore	Clean/organize my space	_____ _____ _____ _____
_____ _____ _____ _____	Say one nice thing about myself	<div>FREE SPACE</div> Take a break!	Brush my teeth	Have a good night's sleep
Dance to my favorite song	_____ _____ _____ _____	Wash my face	Drink a glass of water	Plan my week
Try some thing new	Ask for help	Spend an hour on a hobby	_____ _____ _____ _____	Hang out with a friend



CLIMB Theatre