

WELLNESS BINGO

What would you like to try this week?

 Meet up with a friend 	 Complete 10 minutes of mindful colouring or drawing 	 Follow Mind Your Head on Facebook 	Try something new 
 Complete an outdoor walk 	 Take on an RSPB wild challenge 	Try a meditation or yoga class at your leisure centre or on YouTube 	Drink 2 Litres of water in a day 
Challenge yourself 	Read a book for half an hour 	Watch a sunset or sunrise 	Complete 10,000 steps in a day 
Stay off of screens for 1 hour before bed 	 Try a new recipe 	Lunch & learn - listen to a podcast over lunch 	Visit a beach 