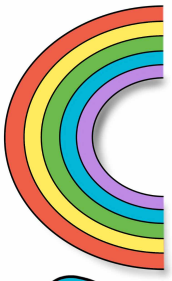
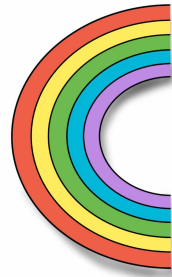


STAY AT HOME WELLBEING BINGO




ASK YOURSELF...
WHAT do I
HAVE
ENERGY
FOR TODAY?

DRESS
UP




♥ **Be**
Kind


LISTEN
to
MUSIC




COOK



EXERCISE




F 
CUT DOWN ON
SOCIAL MEDIA

MAKE
ART




Laugh




BBC
CUT DOWN
ON TV NEWS


SET LITTLE
GOALS



DANCE



CRAFT




♥ ♥
LOOK AFTER
EACH OTHER


READ IN
THE SUNSHINE




CAMP
INDOORS or OUT



KEEP IN TOUCH
WITH FRIENDS &
FAMILY




PLAY
GAMES




THINGS TO DO
PLACES TO GO
WANTS TO BE

PLAN FOR
the FUTURE

JOURNAL




THINK



La La La
SING

LEARN
NEW SKILLS



MAKE MUSIC

