


Well-Being Bingo!



Well-being means being comfortable, happy and healthy! Here are ten activities to complete as a family to support well-being. We'd love to see you and your family completing this bingo board on Twitter @OakleyValePri

<p>Stand still with your eyes closed.</p> <p>Squeeze every muscle in your body as hard as you can for 30 seconds.</p> <p>Enjoy how your body feels when you relax.</p> <p>Repeat 2 times.</p>	<p>Hold the tree pose for 30 seconds on each leg.</p> 	<p>Think about your biggest worry/fear.</p> <p>When you all have one in your head.</p> <p>Count backwards from 10.</p> <p>Then, everyone shout their biggest fear as loud as they can to the sky.</p>	<p>Sit down in a circle for 1 minute without talking. Notice:</p> <p>5 things you can see.</p> <p>4 things you can feel.</p> <p>3 things you can hear.</p> <p>2 things you can smell.</p> <p>1 thing you can taste.</p>	<p>Find a leaf.</p> <p>Look at the leaf for one minute without talking.</p> <p>Notice the colour, smell, texture and feel of the leaf.</p>
<p>Breathe in fully for 4 seconds and exhale for 8 seconds.</p> <p>Repeat as a group 5 times.</p>	<p>Sit down and set a timer for one minute.</p> <p>Count how many times you breathe in and out in 1 minute.</p>	<p>Reach your arms in the air and stand on your tiptoes.</p> <p>Who can hold it the longest?</p>	<p>Write down three things that make you feel thankful.</p> <p>If it is a person, tell them.</p>	<p>Lay down for 1 minute without talking or moving.</p> <p>What do you notice?</p>