

Family Wellbeing Bingo Challenge 1

Connect	Keep Learning	Take Notice	Be Active	Give
Read a Book Take turns storytelling.	Kung Fu Panda Punctuation Learn punctuation in a fun way. https://www.youtube.com/watch?v=Q35SfhGCL8Q	Paint/ Draw Paint/ draw a picture of your family and/ or friends	Yoga Time https://www.youtube.com/watch?v=BEPxPkQY6V8	Being Helpful Can you tidy your toys away to help the grown-ups?
Worry Dolls Use a twig or small stick and wrap wool or string around it. Add a face. Place under your pillow at night to help take away worries.	Sculptures Cut out strips of paper into different widths/ lengths. Fold it into zig zags, make it into loops. Can they go through each other?	Hands and Feet Draw around everyone's hands and feet. Can you turn them into an animal or character?	Den Build a den inside or outside.	Treasure Hunt Take an empty egg box and collect things from outside. Who would you like to give it to and why?
Guessing Game Blind fold each other and see if you can guess what the different foods are without looking?	Grass Cutting with Supervision Cut the grass with scissors. Make grass soup!	Stargazing Look up at the night sky. What can you see?	P.E with Joe Wickes www.thebodycoach.com or do lots of star jumps, balancing and crawling	Message Record or write a message for someone you love.
Smilers Challenge How long can you stare at each other without smiling?	Sweep Up Challenge Make a shape out of tape such as a square and make lots of paper leaves. Can you sweep the leaves into the square?	Cloud Busting Look up at the sky. What shapes do the clouds look like? Where would you like to travel to on the cloud?	Dance Can you share 5 different moves?	Dressing Up Dress Up in someone else's clothes or as a character. Put on a show. Make someone laugh.
Game Show an adult how to play a game you enjoy.	Make Music Use pans and kitchen equipment to make different sounds.	Nature Collect lots of natural objects, leaves, stones, flowers to make a picture.	Outdoor Painting Give children a brush and a container with water. Paint paths, , fences, stones etc.	Clean Have a lovely bath or shower. Give your body a good spring clean.

Family Wellbeing Bingo Challenge 2

Connect

Keep Learning

Take Notice

Be Active

Give

Notice Take 10 pictures of things that make you happy. Share and compare.	Train your Brain How many flags can you name? https://www.3dgeography.co.uk/flags-of-the-world-quiz	Practice Ways to Feel Calm www.relaxkids.com/calm-pack	Circuit Challenge http://www.primaryresources.co.uk/pe/circuit.htm	Be Kind Make a card/ draw a picture or send a message/ video to someone you care about.
Try not to blink challenge How long can you stare at each other without blinking.	Learn 5 New Facts Learn 5 new facts about an octopus.	Draw a picture or colour a Mandala http://www.robbiddulph.com/draw-with-rob https://www.free-mandalas.net/	Hot and Cold Ask a family member to hide 5 things and you have to find them?	Relax Give yourself time to relax and do the things you enjoy.
Games Play hangman. Who is the winner?	Make Me Laugh Learn 5 new jokes and share them with your family.	Practice Breathing https://copingskillsforkids.com/deep-breathing-exercises-for-kids Can you practice at night before you go to sleep?	60 Second Physical Activity Challenges https://www.youthsporttrust.org/60-second-physical-activity-challenges	Give Your Time Help a family member with housework or a task.
A-Z Challenge Together can you think of an emotion for each letter of the alphabet?	Deadly 60 Quiz https://www.bbc.co.uk/cbbc/shows/deadly-60	Listen to Music. Reflect: How does that music make you feel?	Strength Challenge Can you put your arms out to the side and keep doing small circles until a song ends?	Mates Keep in touch with a friend. Look after each other. Stay connected.
Outside Time Spend time outside. What can you see and hear? List 10 things.	Make, Bake, Create https://www.bbc.co.uk/cbbc/collections/bp-arts-and-crafts	What Animals can you see? https://www.edinburghzoo.org.uk/webcams/penguin-cam/%20#penguincam	Balloon Volleyball Use cushions on the floor to make a net or play over a table.	Sleep Well Give yourself a break from screen time an hour before bedtime.

My 5 Ways to Wellbeing Weekly Diary

Simply write the activity you have completed on each day and circle the emoji that reflects how it made you feel.



	Monday	Tuesday	Wednesday	Thursday	Friday
CONNECT					
BE ACTIVE					
TAKE NOTICE					
KEEP LEARNING					
GIVE					
Overall how did you feel today? 😊 😞					