HAMPTON SCHOOL

THIRD YEAR WELLBEING WEEK

Give them a go!

 EXERCISE	 READ A BOOK	 TRY A NEW SPORT	MAKE A REVISION TIMETABLE 
LISTEN TO A PODCAST 	SPEND TIME WITH YOUR FAMILY 	MAKE UP A QUIZ FOR YOUR FRIENDS 	BUILD A MODEL 
DO SOMETHING FOR SOMEONE ELSE 	HOST A MOVIE NIGHT 	LEARN A NEW CARD GAME 	 TIDY OR CLEAN YOUR BEDROOM
PRACTISE MINDFULNESS OR MEDITATE 	DO SOME GARDENING 	GET CREATIVE WITH ARTS & CRAFTS 	 LEARN A MAGIC TRICK

Seriously **EXCELLENT** *Seriously* **FUN**

BINGO CHECKLIST

Activity	Date	Check
Exercise		
Read a book		
Try a new sport		
Prepare a revision timetable or create a mind map		
Listen to a podcast		
Spend time with you family		
Make up a quiz for your friends		
Build a model (think LEGO, recycling material)		
Do something for someone else		
Host a movie night		
Learn a new card game		
Tidy or clean your bedroom		
Practise mindfulness or meditate		
Do some gardening		
Get creative with arts & crafts		
Learn a magic trick		

