



# West Norwich & Dereham SSP

## PE & School Support

### PUPIL WELL-BEING BINGO

Life may feel a bit strange at times and lots of things may be different to normal... but everybody will be feeling the same! So try your best not to worry.

It is really important though for you to take some time to do both the things you enjoy and to think of others. See how many of the following activities you can do in a week & how it makes you feel!

<p><i>Go for a walk / run / Scooter ride / Bike ride</i></p>  <p><small>shutterstock.com • 323368149</small></p>	<p><i>Write down 5 things you are grateful for</i></p> 	<p><i>Read a book</i></p> 	<p><i>Have a 'No Gadgets' evening</i></p> 
<p><i>Write a 'Thank You' note to someone</i></p> 	<p><i>Walk to School</i></p> 	<p><i>Go to bed early</i></p> 	<p><i>Listen to your favourite music... and dance!</i></p> 
<p><i>Play a Game / Sport</i></p> 	<p><i>Do a 'random act of kindness' for someone</i></p>  <p><small>shutterstock.com • 1261273135</small></p>	<p><i>Do some Yoga</i></p> 	<p><i>Write down 5 things you are looking forward to</i></p> 
<p><i>Watch / do something that makes you laugh!</i></p> 	<p><i>Be creative... Bake, cook, draw or make!</i></p> 	<p><i>Give someone a compliment</i></p>  <p><small>quitor.com</small></p>	<p><i>Challenge yourself to learn something new</i></p>  <p><small>gettyimages.com</small></p>