



# ST. MICHAEL'S HOUSE BODY, MIND & SOUL

## Bingo

A Personal Wellbeing Challenge

### 20 Activities to Complete

Click on the boxes to reveal resource guides

Try  
Beginners  
Yoga

Complete a  
Crossword  
or a puzzle

No Meat  
Monday

Do a Brain  
Dump

De-clutter  
your  
Wardrobe

10 Minute  
Boxercise  
Challenge

Start  
Reading a  
New Book

Take a Dip  
in Open  
Water

Mindfulness  
Session with  
James

Share a  
Bottle of  
Wine or  
Coffee with  
a loved one

Walk on a  
New Route  
& Listen to a  
Podcast

Stop Caring  
What People  
Think

Complete a  
Mindful  
Body Scan

Try Dry  
Brushing

Grab a  
Blanket, Light  
a Candle & put  
on a feel-good  
movie

Being  
Thankful  
Exercise

Play your  
Favourite  
Tunes &  
Lets Dance!

Start a  
Gratitude  
Log

Tech-Detox  
Day  
No Browsing Apps  
for 24hrs

10 Random  
Acts of  
Kindness

Body

Mind

Soul



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A Personal Wellbeing Challenge

### GRATITUDE LOG

Grab a pen and paper

Write **three** things that you love about your body

Write **three** things you like about yourself

Write **three** things you are grateful for

### 10 RANDOM ACTS OF KINDNESS

**Smile** at Someone Today

**Hold** the Door Open

**Thank** Someone Who You Appreciate

Be a Good **Listener**

Offer your **Help** to Someone

**Ask** the Person who's Serving You "How is your Day Going?"

**Treat** Someone to a tea or coffee

**Let** someone go past you in the grocery queue

Send flowers or chocolates to a **friend** out of the blue

**Complete** at least **one** activity in a day.

You can also use these resources to repeat activities as often as you like!

**Complete all tasks  
and  
BINGO!**

We hope you have enjoyed our Body, Mind & Soul Bingo

