



ST. MICHAEL'S HOUSE

BODY, MIND & SOUL

Bingo

A Personal Wellbeing Resource Card

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 Resource Card

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

