

Healthy Harold's Back to School

WELLBEING BINGO

Write three things you're excited for at school this year	Carry out a craft activity after school	Help prepare a meal	Practice five-finger breathing
Ask someone what their favourite part of their holiday was	Help a classmate	Write down five things you're proud of yourself for	Have a screen-free day
Ask a grown up at school how they are feeling	Draw a picture to show the best thing that happened today	Try a new sport or activity you've never tried before	Be kind to someone you don't know very well
Go for a walk outside with a trusted adult	Ask someone what they are looking forward to at school this year	Dance to your favourite music	Give someone you love a hug

