

**Volunteer
 Wellbeing &
 Self-Kindness
 Bingo**

**How many have you
 done in the past week?**

Taken a short walk outside	Read a book or article for leisure	Used scented candles or essential oils	Given someone a compliment
Eaten without distractions	Listened to music or a podcast	Carried out a breathing exercise	Spent time in or around nature
Taken a 30 minute break from tech	Done some light exercise like yoga	Taken a long bath or shower	Wore your favourite colour
Drank 2l of water or soft drinks a day	Done something creative	Tidied up a cluttered space	Recognised your own achievements