



CHECK-IN BINGO

Movement can be defined in many ways, from vigorous exercise such as cycling or running, to simply just moving your body through stretching, meditating, or dancing in front of your mirror (no judgement here!)



Either on your own or in a group use our bingo to tick off as many of the movement examples below that you can fit into your day/week and see how they benefit your mental health!

No matter how small or big the movement, it all helps you work towards improved mental health. Let's see who can get a full house!

Danced to your favourite songs!

Walked/ cycled home from work or school

Encouraged a friend to join you for walk

Tidied your room or home

Star jumps for 30 seconds!

Stretched your body throughout the day

Signed up to a gym class with a friend

Took a walking lunch

Joined a sports club!

Completed 5 minutes of breathwork

Baked your favourite cakes!

Hit 5,000 step count



TICK OFF AND SEE IF YOU HAVE CHECKED ON YOU TODAY!

