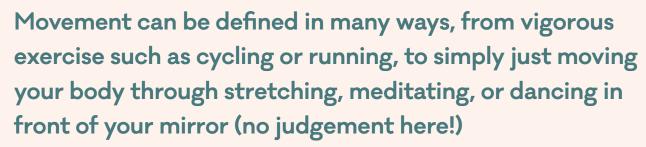
## Wearlt

## Wear It Green CHECK-IN BINGO





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!

