

# LOOKING AFTER YOURSELF BINGO



NORWICH  
SCHOOL SPORT PARTNERSHIP

DECLUTTER  
YOUR ROOM

LISTEN TO  
MUSIC

TAKE A  
BREAK FROM  
TECHNOLOGY

BREATHE  
DEEPLY

TAKE A  
WALK  
OUTSIDE

DO  
SOMETHING  
YOU LOVE

WRITE  
DOWN  
YOUR  
THOUGHTS

DRINK A  
GLASS OF  
WATER

DO A  
CUCUMBER  
EYE MASK

CAN YOU GET A FULL HOUSE? MARK OFF AS MANY AS YOU CAN DO