

THE Yogi Group

HAPPY BINGO

**CHAT WITH
YOUR FRIEND**

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**WATCH YOUR
FAVOURITE FILM**

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**DO EXERCISE FOR
15 MINUTES**

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HAVE A BUBBLE BATH

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**BREATHE IN FOR 4
BREATHE OUT FOR 6**

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**GET UP EARLY, WRAP UP,
GO FOR A SHORT WALK**

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**DANCE TO YOUR
FAVOURITE SONG**

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**GO TO BED EARLY AND
SNUGGLE IN WITH A BOOK**

☐

**TALK ABOUT THE GOOD
THINGS
YOU HAVE DONE TODAY**

☐

Email us when you have completed the BINGO sheet to claim your prize!

theyogigroup@gmail.com

