

TEACHER WELLBEING BINGO



We challenge you to get through as many of these as you can across a full week, and let us know how you went!

Ate lunch
(away from
my desk!)



Got at least
15 minutes
of sunshine



Had a HOT
coffee



Listened to
something
inspiring



Spending time
with loved ones



Went for an
afternoon walk



Resting



Didn't respond
to emails out of
school hours



Drank enough
water

