

Christmas BINGO

Enjoy a hot drink	Go for a walk	Read for pleasure	Watch a Christmas movie
10-minute meditation or yoga	Declutter one small area	Wear something cosy	Send a kind message
Listen to Christmas music	Write 3 things you're grateful for	Have a nap	Bake
Do 1 small act of kindness	Finish a book	Light a candle	Buy yourself a treat

How many of these can you cross off over the Christmas break?

YOURS

teacher
TOOLBOX

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Do 1 small act of kindness	Finish a book	Light a candle	Buy yourself a treat

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TOOLBOX

Christmas BINGO

Draw a picture	Help with a chore	Read for pleasure	Watch a Christmas movie
Build something	Make up a silly dance or song	Wear something cosy	Go outside
Listen to Christmas music	Thank someone	Have a nap	Bake with a friend or family member
Write a kind note	Finish a book	Make a Christmas card	Write a letter to someone

How many of these can you cross off over the Christmas break?

THEIRS

teacher
TOOLBOX

Christmas BINGO

Draw a picture	Help with a chore	Read for pleasure	Watch a Christmas movie
Build something	Make up a silly dance or song	Wear something cosy	Go outside
Listen to Christmas music	Thank someone	Have a nap	Bake with a friend or family member
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teacher
TOOLBOX

How to use:

Print yourself a copy of the ‘yours’ BINGO to complete over the holidays. You must be knackered! This has been designed to encourage you to take care of yourself amidst the whirlwind of Christmas plans.

This might also be a nice thing to print for your teacher friends too, a low-budget Christmas present, perhaps along with a few items they will need to complete the BINGO card.

You can also print the ‘theirs’ BINGO cards for your students as a low-budget Christmas present, to give them something to do over the break.





