



Gathering Points

Wellbeing bingo

Share a characteristic you admire in others.

Give an example of an act of kindness you have experienced.

Share a compliment you have received.

Share a happy event in your life.

Name something you have done that you are proud of.

What is one thing that you are grateful for.

What is your favourite part of the day.

You are happiest when...

Share something you would like to do but haven't yet.

What song do you play to cheer yourself up?